



This is a digital copy of a book that was preserved for generations on library shelves before it was carefully scanned by Google as part of a project to make the world's books discoverable online.

It has survived long enough for the copyright to expire and the book to enter the public domain. A public domain book is one that was never subject to copyright or whose legal copyright term has expired. Whether a book is in the public domain may vary country to country. Public domain books are our gateways to the past, representing a wealth of history, culture and knowledge that's often difficult to discover.

Marks, notations and other marginalia present in the original volume will appear in this file - a reminder of this book's long journey from the publisher to a library and finally to you.

Usage guidelines

Google is proud to partner with libraries to digitize public domain materials and make them widely accessible. Public domain books belong to the public and we are merely their custodians. Nevertheless, this work is expensive, so in order to keep providing this resource, we have taken steps to prevent abuse by commercial parties, including placing technical restrictions on automated querying.

We also ask that you:

- + *Make non-commercial use of the files* We designed Google Book Search for use by individuals, and we request that you use these files for personal, non-commercial purposes.
- + *Refrain from automated querying* Do not send automated queries of any sort to Google's system: If you are conducting research on machine translation, optical character recognition or other areas where access to a large amount of text is helpful, please contact us. We encourage the use of public domain materials for these purposes and may be able to help.
- + *Maintain attribution* The Google "watermark" you see on each file is essential for informing people about this project and helping them find additional materials through Google Book Search. Please do not remove it.
- + *Keep it legal* Whatever your use, remember that you are responsible for ensuring that what you are doing is legal. Do not assume that just because we believe a book is in the public domain for users in the United States, that the work is also in the public domain for users in other countries. Whether a book is still in copyright varies from country to country, and we can't offer guidance on whether any specific use of any specific book is allowed. Please do not assume that a book's appearance in Google Book Search means it can be used in any manner anywhere in the world. Copyright infringement liability can be quite severe.

About Google Book Search

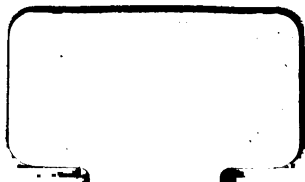
Google's mission is to organize the world's information and to make it universally accessible and useful. Google Book Search helps readers discover the world's books while helping authors and publishers reach new audiences. You can search through the full text of this book on the web at <http://books.google.com/>



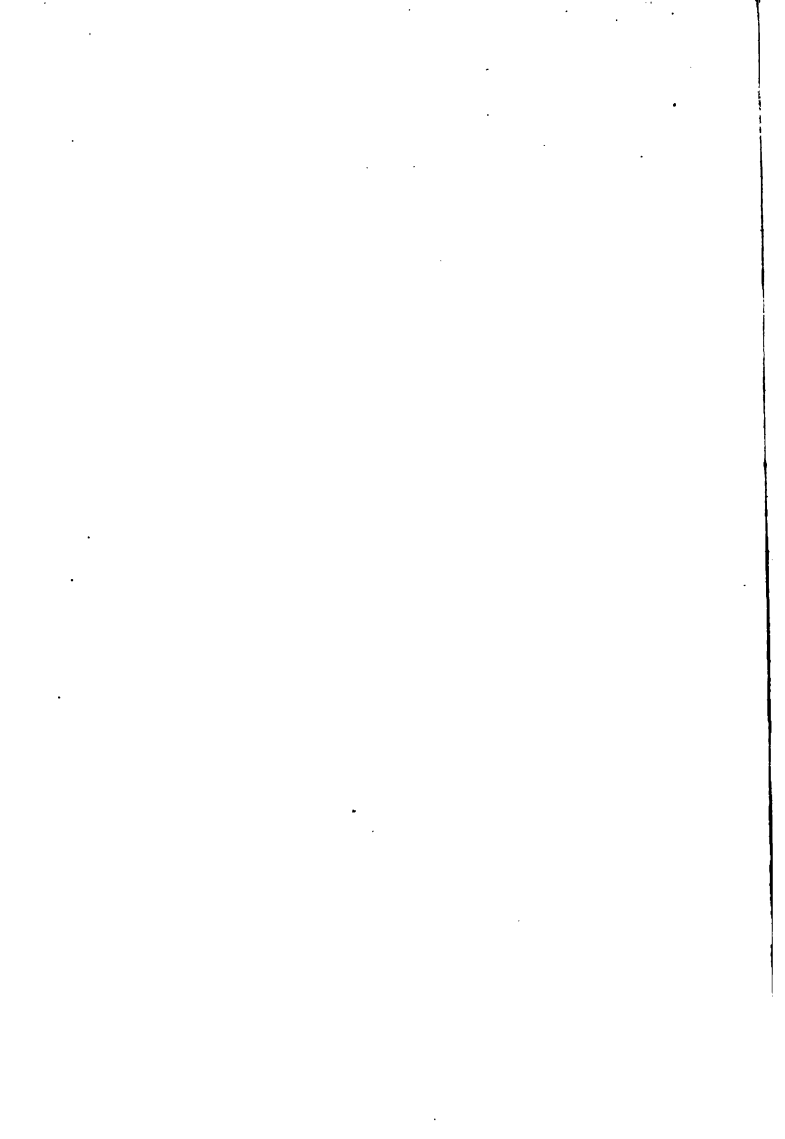
INDIGESTION: ITS PREVENTION AND CURE

F. HERBERT ALDERSON, M.B.

16. D. 355







INDIGESTION:
ITS PREVENTION AND CURE.

First edition, Feb. 1903; second edition, July 1903.

INDIGESTION: ITS PREVENTION AND CURE.

*A HANDY BOOK OF REFERENCE TO THE
ADVICE RECEIVED IN THE PHYSICIAN'S
CONSULTING-ROOM, TOGETHER WITH
DIET DESIRABLE FOR DYSPEPTICS.*

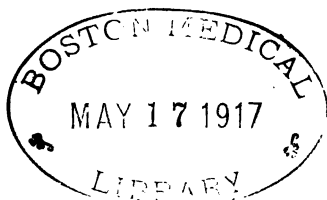
BY

F. HERBERT ALDERSON, M.B.,

MEMBER OF THE ROYAL COLLEGE OF SURGEONS OF
ENGLAND, AND LICENTIATE OF THE ROYAL
COLLEGE OF PHYSICIANS OF LONDON.

THE WALTER SCOTT PUBLISHING CO., LTD.,
PATERNOSTER SQUARE, LONDON, E.C.
CHARLES SCRIBNER'S SONS,
153-157 FIFTH AVENUE, NEW YORK.

1903.



14522

PREFACE.



I HAVE written this book in the belief that it will be found useful to the dyspeptic as a handy book of reference to the advice received in the physician's consulting-room. It gives an account of foods digestible and indigestible, of beverages which may be taken, in what quantity, and at what time; also many other points of detail so necessary for the sufferer to observe and the physician to insist upon. The failure of a complete cure is often due to an impossibility of remembering all the advice received in the consulting-room on what may be well described as "the nursing of dyspepsia and general dietetic rules": what is remembered is often so confused and disordered as to be

worse than useless; but failure is also due to a lack of perseverance in carrying out the treatment on the part of the sufferer, brought about by an absolute ignorance of the why and wherefore of digestion and indigestion.

It is quite possible for any one, without any previous knowledge of physiology or anatomy, after carefully reading this book, to understand the reason why such and such a practice should be strictly followed.

This book is a guide—a nursing manual on indigestion, which you can always have by you, to supplement if necessary, and refresh your memory, on many points of advice after leaving your physician's consulting-room.

Read it—digest it—cure indigestion.

F. H. ALDERSON.

21 QUEEN'S GATE TERRACE,

LONDON, S. W.,

January 1903.

CONTENTS.

CHAPTER I.

	PAGE
DIGESTION AND INDIGESTION—THE OBJECT OF THE BOOK - - - - -	I

CHAPTER II.

DIGESTION AND CAUSES OF INDIGESTION IN THE MOUTH AND STOMACH—PREVENTION AND TREATMENT - - - - -	5
---	---

CHAPTER III.

THE TOILET OF THE STOMACH—THE ACTION OF THE LIVER ON DIGESTION—CAUSES OF INDIGESTION IN THE INTESTINE—PREVEN- TION AND TREATMENT - - - - -	36
---	----

CHAPTER IV.

	PAGE
THE RELATIVE DIGESTIBILITY OF THE USUAL	
ARTICLES OF DIET EXPLAINED - -	46

CHAPTER V.

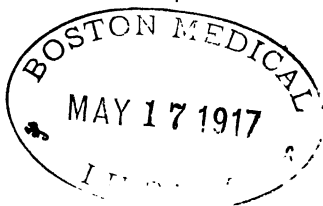
WHAT TO EAT AND WHAT TO DRINK AT	
BREAKFAST, LUNCHEON, TEA, AND DINNER	55

CHAPTER VI.

BEVERAGES—SPIRITS, WINES, TABLE WATERS,	
TOBACCO - - - - - - -	104

CHAPTER VII.

CONSTIPATION—PREVENTION AND TREATMENT	
—EXERCISE - - - - - - -	117
INDEX - - - - - - -	129



INDIGESTION:

ITS PREVENTION AND CURE.

CHAPTER I.

Digestion—The symptoms of indigestion—Indigestion, however slight, incompatible with perfect health—Object of the book—A printed guide.

DIGESTION is the process foods undergo by which they are altered and changed so as to render them fit for absorption and assimilation, and thus effect the nourishment of the body, for which purpose appetite, the desire for food and drink, was ordained. *Digestion*

The reverse of digestion is indigestion, brought home to us—all of us to a greater or less degree at one time or another during the course of our life—by pain, flatulence, loss of appetite, disagreeable taste in one's mouth, the eructation of objectionable gases, accumulation of water in the mouth (often worst the first thing in the morning), a dirty tongue, *Indigestion: its Symptoms*

sometimes flabby or furred or dry; loss of power and strength; and with many people by nothing more definite than a general lassitude, despondency, pains in the back, sleeplessness, irritability of temper, or loss of the power of application, and in more serious cases loss of weight and emaciation.

As a matter of fact, so protean a disease is indigestion, or dyspepsia as it is better termed, that there is hardly any symptom a martyr to dyspepsia may not complain of at one time or another. However, as this is not a manual for medical students, but a guide to sufferers from dyspepsia, I will not pursue the various symptoms of the complaint in detail—they are briefly indicated above; and I will content myself once for all by again emphatically stating that there is no pain, no sensation or uncomfortable feeling, however unlikely it may appear to the sufferer himself, which may not be due, directly or indirectly, to a disordered condition of the stomach. "We must eat to live, and not live to eat," is familiar to us all; but what we eat must be digested before it can be assimilated, and assimilation must be complete for the body to be nourished and health maintained.

Digestion, however slightly imperfect, is not compatible with perfect health.

This book is not written to vaunt any quack remedy, nor yet to ride a pet hobby; neither is it intended as a substitute for the physician; but it is an aid—a printed aid which you may

always have by you to refer to in matters of doubt—an aid to the advice, instruction, and prescription that your physician has given you. The book asks you to take an intelligent interest in your own complaint; it gives you the why and the wherefore of everything it recommends; it puts you in the way of getting well, of giving the drugs you will take every chance; and when once the stomach has been relieved or cured, of maintaining as a permanency this much longed-for relief.

*This Book:
its Object*

An intelligent interest is almost always displayed in diseases of the skin, in rheumatic and gouty disorders; but the stomach!—out of sight out of mind. But disorders of the stomach are so much under our own control by reason of the quality and quantity of the food we give that organ to digest, by the conditions under which we ask that organ to exercise its functions—that it is the organ of the body above all others which we can help and aid during its lifelong performance of duty, if only an intelligent interest be taken in the work it is called on to perform. You have indigestion: you go to your doctor to be cured. He gives you a prescription and advice: the former you take, the latter you forget or neglect, or are confused about. Relief, it may be, is for a time obtained, the stomach being a very willing servant; but the indigestion occurs again and again,

*Indigestion,
in great
measure,
under our
Control*

and the time soon comes when the stomach is not so readily amenable to drugs without the doctor's advice being at the same time thoroughly carried out. Why have you not followed his advice? You took the medicine and some relief from pain and inconvenience was obtained; the advice was not followed, and thus complete relief did not result, because you were not able to remember all his advice, and did not see the force of what you thought you did remember. Here you have regulations in print; the reason for each regulation explained. Take the medicine and follow the advice of your doctor. Read and digest these regulations, carry them out carefully, find relief and bless the medical profession and the publishers of the twentieth century.

CHAPTER II.

The process of digestion—Digestion in the mouth—Effect of cooking on food—Good cooking indispensable—Faulty digestion in the mouth—Iced drinks and ices—Digestion in the stomach—Mechanical process—Chemical process—Causes of indigestion in the stomach—Necessity of fresh air to ensure good digestion—Importance of a large bedroom—Best method of ventilating a room—Weakness of the stomach muscles—Result—Advice to ensure efficient mechanical action of the stomach—Rest before a meal—Rational proceeding after a meal—Danger of excessive exercise directly after a meal—Frequency of meals—Hour for breakfast—A cup of tea in bed—Breakfast in bed—Luncheon—Afternoon tea—Dinner—Quantity of solid food to be taken at a meal—The amount of liquid food necessary—Method of evading thirst at meal-time—The night-cap—The stomach and the gastric juice.

THE process of digestion is partly mechanical and partly chemical. There are three separate departments of the body, in each of which the machinery of the mechanical process and the chemicals of the chemical process play a part. These three departments are: (1) the mouth, (2) the stomach, (3) the intestines. Indigestion may be due to a fault or faults in all

*Process of
Digestion*

of these departments, or in one alone; if in only one department, the fault may be due to a mechanical or chemical defect, or to both combined.

We will consider each one of these departments separately. First, let us consider the mouth. Now,

In the Mouth what happens in the mouth? The mechanical process is mastication—that is, a division and subdivision of food by the teeth, and a mixing of food with saliva. The chemical process is the chemical action that saliva has on food.

The object of cooking food is not only to render it more pleasing to the eye and taste, but generally

Effect of Cooking to render foods more easy of digestion, directly by softening the substances and rendering them more easy of mastication (mechanical process), and by loosening the fibres of meat and other substances so that the digestive juices of the body, the saliva in the mouth, the gastric juice in the stomach, and the bile, etc., in the intestines may more easily penetrate and act (chemical process) on what has been swallowed. Again, indirectly, cooking, by developing pleasant odours, agreeable taste and appearance, stimulates the desire to eat—the appetite, and the various digestive glands are incited to secrete in large quantities their juices, and thus by their abundant supply are better able to act (chemical process) on the food taken.

We gather, then, that cooked foods are more digestible than uncooked; but the cooking must be good—not a process of burning and hardening which renders food indigestible, nor yet greasy or underdone, which causes nausea, disgust, loss of appetite. Efficient cooking is very necessary for efficient digestion.

*Good
Cooking in-
dispensable*

Is our indigestion due to mechanical faults in the mouth—that is, to faulty mastication? It is necessary for food to be divided into small pieces for the purpose of entering the mouth comfortably and to supplement mastication, it being necessary for particles of food to be finely divided, in order that the secretions of the mouth, stomach, etc., may be better able to act on the substances swallowed (chemical action). It is known to every one that water will dissolve sifted sugar far more rapidly than a knob of sugar. Very well, then, take time and trouble to systematically cut up your food. Are your teeth in good order? If not, go to a dentist and have them attended to. Having your teeth in good order, be very careful not to bolt your food—use your teeth for the object for which they have been provided, masticate well and slowly, thus finely dividing the particles of food, allowing the saliva in your mouth the time and the chance of acting chemically on the food. The late Sir Andrew

*Efficient
Mastication
very
necessary*

Clark used to tell his patients whose fault lay in insufficient mastication — “Count your bites,” which, of course, means longer and more efficient mastication.

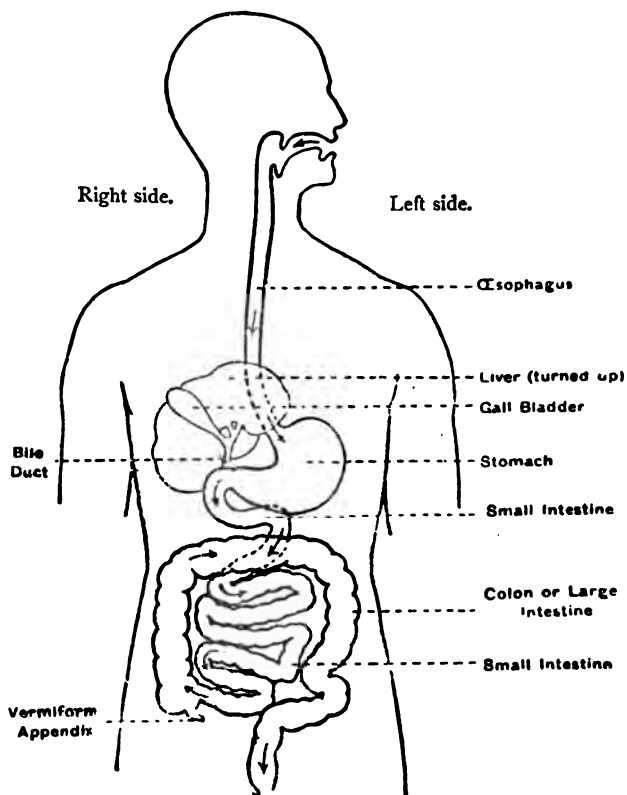
People advanced in years, who do not or are not able to wear false teeth, must use a masticator, or be particularly careful to cut up their food well with the usual knife and fork ; as a matter of practical knowledge, however, it is wonderful how hard the gums get in old age, and what execution they are able to effect.

During the sojourn of food in the mouth, food is warmed. Now do not take iced drinks or iced foods, or anything that is cooled to such a low temperature that the mouth is unable to warm the food sufficiently before it passes down into the stomach, where, in such a case, it would cause a chill of the stomach, prevent the stomach carrying out its proper duties, and give rise to indigestion; in the same way, and for the same reasons, do not take liquids and solids that are too hot. Remembering, then, not to take food or drink that is very hot or very cold or badly cooked, eating slowly and masticating well, that the saliva may have time and opportunity to act on the food, you have done your part as far as the mouth is concerned ; your physician will know if the quality or quantity of saliva is at fault, and if so, will prescribe the necessary drugs.

So much for the mouth: we will pass on to consider digestion and indigestion in the second department or stomach. The bolus of food in the mouth, having been masticated and impregnated with saliva, is passed by the tongue to the back of the throat, where it is grasped by the muscles of the gullet, swallowed, and passed into the tube technically termed the *oesophagus*, whose walls are composed of muscles, which start the food along its journey of some twenty-six feet down the alimentary canal (Lat. *alimentarius*, nourishing), the first station being the stomach, where it arrives after passing through the lock at the junction of the stomach (*γαστήρ*, a stomach) and the *oesophagus*; digestion in the stomach being completed, food is passed into the small intestine and then into the large intestine. The lock gates between the *oesophagus* and stomach are in health and while the stomach is empty always open, and are closed automatically directly food passes into the stomach from the *oesophagus*, to be again automatically opened during the act of swallowing.

Now in health what happens when food arrives in the stomach? The blood-vessels of the stomach dilate, and consequently there is an increase of blood supplied to the stomach. The glands that are contained in the wall of the stomach secrete actively the juice (the gastric juice) which is to act

Diagram of the Digestive Tract.



on the food contained in the stomach, for the purpose of digesting such food. The muscles of the stomach, which form a considerable part of the stomach wall, begin to contract on the contents as soon as received, so that the food is actively churned by the movements of the stomach, in a slightly similar manner, but not to the same extent, as cream is agitated by the movements of churning when being converted into butter. These movements (mechanical) of the stomach are absolutely essential to the process of digestion, because by this means food is actively mixed with the secretion of the gastric glands, which enables the gastric juice (the secretion of the gastric glands) to come in contact with and act on (chemically) minute particles of food; food is also rendered more pulpy, and prepared for the treatment of other digestive juices with which it will meet on its journey along the alimentary canal, into which food is, as digestion advances, propelled by the stomach's mechanical action. The mechanical process of digestion in the stomach is thus seen to be the efficient contraction of the stomach—that is, the efficient churning of its contents. The chemical process of digestion in the stomach is the action of its gastric juice on the food it contains.

Indigestion in the stomach is caused by a fault either in its mechanical or chemical process, or

both; and, as has been well said, indigestion is the pangs of remorse of a guilty stomach; but as has been shown, and will be further explained, it may also or entirely be the pangs of remorse of a guilty mouth or guilty intestinal tract.

*Causes of
Indigestion
in Stomach*

Now let us first consider the mechanical faults of the stomach, the faulty churning process of the stomach, how it is brought about, and how it may in great part be remedied by means of simple knowledge and common-sense, which is without doubt under the control of every one. When the mechanical action of the stomach is at fault, it means the muscles of the stomach do not grasp, churn, and propel the food in a proper healthy manner. Why not? It may be that the muscles of the stomach are themselves weak and flabby, and are not strong enough to carry out their usual work. Remember the stomach is an integral part of the whole body, and what affects the whole body must to a greater or less extent affect a portion—viz., the stomach. Now suppose the muscles of the whole body are weak and flabby, then those of the stomach will be in a similar condition. This weak condition of the muscles is often brought about by lack of fresh air and want of exercise; but it is not, except in the case of some severe acute disease, occasioned in a few days or weeks: the process of decay will have been spread over a long period, and so also will the process of repair.

Fresh air is absolutely necessary to health and to good digestion. It cannot be too explicitly realised that one could only live for a very short time without an appreciable quantity of oxygen. By fresh air is understood an atmosphere containing a large proportion of oxygen; and by foul air, an atmosphere containing a smaller proportion of oxygen but more carbonic acid gas.

Although one could live for a very short time without a fair quantity of oxygen, one could live for several days without having anything to eat. You must remember all day and all night you are breathing air, more or less pure, more or less foul, that all day and all night a process (respiration) is going on which is not only necessary to life, but has also a great influence on the good or indifferent health of each individual, and consequently on digestion. Do not be content with seeing you obtain fresh air in your room, morning, noon, and even-time. Remember your bedroom: remember that each man and each woman, almost without exception, spends more of the twenty-four hours in the bedroom than in any other one room. Yet how often it is thought that any room will do for the bedroom, any small room, no matter if it is ill-lighted and badly ventilated, as long as the sitting-room in the cottage, or the reception rooms in the villa and mansion, are

*Necessity of
Fresh Air*

*Importance
of a large
Bedroom*

large and imposing, something to strike admiration in the hearts of visitors and guests?

I suppose, on an average, each man and each woman would find at the end of life that no less than one-third of its duration had been spent in the bedroom. See to it that your bedroom is large, lofty, well ventilated, not encumbered with heavy hangings and draperies, nor air space occupied with big, heavy, useless furniture. Two single beds are more healthy than one double one. Having secured perfect bedroom ventilation, not always easy, by all means sleep warmly—have sufficient warm clothing on your bed; but there is no reason, in England at all events, why every one should not, during the greater part of the year, sleep

Best

*Method of
ventilating
a Room*

with the window open. By fresh air and good ventilation is not meant draught, than which nothing is worse. The most efficient, simplest, cheapest form of ventilation with which I am acquainted is a plan that I will now briefly describe. Obtain a piece of wood, four or six inches broad, by the length of the width of the window-frame in the room you wish to ventilate; the thickness of the piece of wood should be of nearly the same thickness as the window-sash. This ventilating board may be painted, stained, or covered with green baize, as you fancy. Its method of application is as follows. Raise the lower sash of the window, and fit between the window beading, into part of

the space thus formed, the board ventilator; close the sash on to the piece of board. A space is thus left where the upper and lower sashes pass one another, air enters through this space, and being directed upwards towards the ceiling, enters without causing any draught.

The overcrowding and consequent ill-health that exists in the homes of many poor people is not due to want of space, but in many cases to misuse of space: a best parlour is set on one side, which is never or hardly ever used; turn it into a bedroom, and thus relieve the overcrowding, and the health of the whole family is marvellously improved.

In a weak and indifferent condition of health—very often brought about from an insufficient supply of fresh air—the muscles of the stomach, in common with those of the whole body, become weak, and do not efficiently discharge their duty. The muscle walls of the stomach being weak, in course of time the stomach dilates. With a large and dilated stomach, food is not efficiently churned; and instead of digestion in the stomach being completed in two, three, or four hours, it is much delayed: food is not passed on to the intestine as quickly as it should be, the stomach is perhaps never quite empty, a little food is always in the stomach, and as a consequence of its long residence there, undergoes fermentation, various gases are formed, and the patient suffers

*Weakness
of the
Muscles
of the
Stomach*

from wind—flatulence, a source of great pain and trouble. In cases of long standing, vomiting of frothy fermented food occurs.

I do not mean to say that every one who suffers from indigestion must have a dilated stomach; but the dilated, dirty, foul stomach is the result of continued mechanical inefficiency, and there are, of course, grades and degrees in this condition as in every disease. In cases of indigestion, not thoroughly carrying out the physician's advice tends very particularly to mechanical inefficiency.

Advice to In addition to keeping the general
ensure health good, and in obtaining, by
Efficient night as well as by day, fresh air,
Mechanical what are the points to be remembered
Action of to guard against failure of the muscles
Stomach of the stomach? Exercise is necessary,
 neither too much nor too little: what
 is one man's meat is another man's poison is as
 true applied to exercise as to so many other
 things. Riding horseback is a very healthy form
 of exercise, but to ride a horse that pulls is a very
 different matter, and very possibly, especially to
 any one whose heart is not over strong, will do
 more harm than good. Fishing, again, is useful,
 but salmon-fishing and fishing from a punt on the
 Thames are two very different forms of exercise.
 You must, in consultation with your doctor, deter-
 mine the amount of exercise necessary to keep
 your body in good order. Excess of exercise is

as bad for the stomach as the heart. To the invalid who is unable to take any form of exercise, the practice of massage is most useful and beneficial.

Do not over-fatigue yourself before commencing a meal: remember, if you are over-fatigued, the muscles of the stomach will not work efficiently. If towards meal-time you are over-fatigued, sit down and rest, giving yourself mental as well as physical rest, even if it be only fifteen minutes. Rest the system generally before placing food in the stomach, and calling on a certain portion of your system to undertake severe exertion—viz., digestion.

The suitable proceeding before a meal having been considered, let us now consider what is only rational after filling the stomach with food. Remember the thinness of the walls of the stomach—not thicker than three or four layers of brown paper, yet this stomach has to last you all your life. You cannot renew it; your physician will mend and patch it for you, but he cannot absolutely renew it. Remember, the stomach is situated very near the heart. Think of the delicate action of the stomach's muscles, and that its gastric juice is secreted by little glands which can only be seen by the aid of a powerful microscope.

*Rest before
a Meal*

*Rational
Proceeding
after a
Meal*

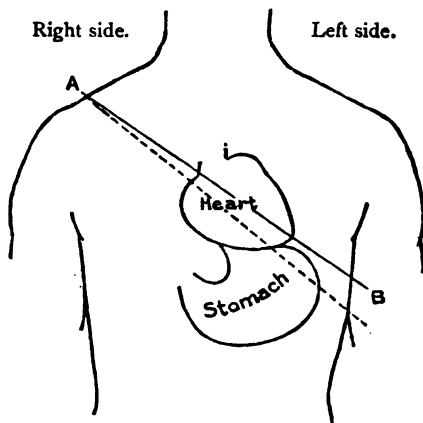
Now, I ask you, remembering all these simple facts, is it rational for any one who has arrived at years of discretion not to know that it is as necessary to sit down and rest after a meal for say twenty minutes or half-an-hour, to give the stomach an opportunity of commencing fairly, of placing its machinery in running order—as it is for the brain not to be disturbed by outside influences while exercising its power of thought, remembrance, and general functions? Moreover, rest after a meal is absolutely necessary for those suffering from weak or diseased hearts, as the stomach when very full of food and distended by wind presses on the heart. This relation of the distended stomach to the heart is well shown in the accompanying diagram.

Should anything occur after a full meal to arrest digestion, to hinder the passing on of food into the gut, the heart is disturbed, and palpitation results; if, in addition, a strain is thrown on the heart by some sudden or somewhat severe exercise, the heart is more seriously disturbed, which accounts for some of those painfully sudden deaths that take place, running to catch a train or keep an appointment, after a full meal. Yet how many people immediately after a meal jump up from the table, continue whatever business or pleasure is in hand, and never give a thought to the long-suffering and patient stomach,

*Danger of
excessive
Exercise
directly
after a
Meal*

until the day comes when the stomach kicks against this treatment, and gives its owner a little pain, or flatulence, or uncomfortable feeling, that sends the owner off to the doctor with a demand

Diagram showing the heart pressed upon and tilted upwards by the over-distended stomach.



If the heart was not pushed out of position by the stomach, the line AB passing through the apex of the heart would have the position of the dotted line.

for medicine to put the stomach right—something to take that will enable him once more to continue to place the laws of nature at defiance.

People will not remember that prevention is better than cure, but they want cure, cure, cure,

until ninety times nine, always forgetting that each something cured leaves behind a little scar, that in course of time the organ is so scarred that permanent trouble remains which can only be relieved, not cured. This is, perhaps, rather a melancholy picture; it is only the wonderful progress of medicine that the picture is not more common than it is.

There are still other points in connection with the mechanical or muscular action of the stomach to be described before passing on to defects connected with chemical deficiencies—that is, defects of the gastric juice.

We must consider the frequency with which food is introduced into the stomach, and the quantity—

Frequency not only the quantity of solid food,
of Meals but also the quantity of liquid.

Muscular action of the stomach will fail in the most healthy man or woman if taxed too often. It is a common fault for food to be taken too often, sometimes at too long intervals, often in too large quantities, sometimes too sparingly. When a moderate meal is taken of foods not particularly difficult to digest, from two to four hours is about the time necessary to complete the process, and longer still in a heavy meat meal.

An interval between the calls on digestion is absolutely necessary to give the stomach rest, to prepare itself for the exertion it will undergo at the

next meal, and remember the stomach is only at rest when it is empty. Let us suppose that breakfast is taken between eight and nine o'clock—it certainly should not be later than 9 A.M., or the morning, the best and most invigorating part of the day, is seriously broken into. The time of breakfast must be suited to the needs of each case. To the business man or woman who has an early train to catch, the meal must be certainly fixed at an hour that will give one time to take breakfast, and rest even if only for a quarter of an hour after that meal. How many have ruined their digestion by rushing off to catch a train immediately after breakfast, and often with an insufficient breakfast? How many have seriously taxed their heart by running to catch a train immediately after a meal? And some have paid the penalty by their heart ceasing to beat. Business in the City, shopping in the West End, an appointment at the club, are undoubtedly important appointments to be kept if possible; but a heart that has once ceased beating cannot be made to beat again; a digestion which is continually taxed beyond the limits of common-sense and human endurance becomes disordered, and is not easily set in order again.

A breakfast-hour beyond the hour of nine would mean an unhealthy lying in bed of a morning. Make the breakfast-hour the hour that will suit you, and see to it that it is a law unto yourself

*Hour for
Breakfast*

as strict as the laws of the Medes and Persians, which altereth not. Moreover, food that has been

Fix the kept waiting—whether as a result it is
Hour and cold, or if kept hot, hardened and dried
keep to it by the process of being kept warm
 —is rendered difficult of digestion.

Breakfast, then, must be fixed at an hour which will give time to bath and dress even on the darkest morning, and still allow a short time of rest after the meal before beginning the business of the day. As to what should be taken to eat and drink at breakfast and other meals during the day, that will be the subject of another chapter.

Before passing on, I must consider whether it is necessary, whether it is desirable, to take some-

Is a Morn- thing before breakfast; is the early cup
ing Cup of of tea in bed necessary or desirable?
Tea in Bed is breakfast in bed necessary?

necessary I have said, for the organs of diges-

tion to perform their duty efficiently the body must be strong. That is of course a relative term, according to each person's natural constitution; but what it means is, that the body at the time of undergoing such a severe exercise as the process of digestion undoubtedly is, must be as strong, active, and vigorous as it is at any other time during the twenty-four hours; or, to put it in another way, the body must not be over-tired or fatigued. Now it frequently happens that the man or woman who is not over-strong finds, on awaken-

ing, having passed the night without any nourishment, a sense of weakness, which would be much increased by the fatigues of the toilet and dressing; or by past experience finds that the process of getting up is to him very exhausting, so that by the time he arrives at the breakfast-table he is suffering from over-fatigue, and can eat nothing; or if food is taken, the stomach is also over-fatigued, as being part of the whole body, and is quite unable to digest food, pain, vomiting, or flatulence being the result.

In order to appear at the breakfast-table with sufficient strength to digest breakfast, for those, both men and women, who are neither invalids nor yet in perfect health, a cup of tea in bed, tea which has not stood on the leaves more than two minutes, made with boiling water, having plenty of milk added, and a little sugar, together with a couple of thin slices of bread and a small amount of butter, supplies the necessary fillip to undertake the exertion of washing and dressing without causing any sense of fatigue, and helps them to the breakfast-room in good form, ready to take and digest a hearty meal. Do not think it necessary, because it is brought to your room, to take this little meal every morning. It is quite likely some mornings you will feel you can do without the cup of tea, and by degrees you may find as you get stronger you can do without it altogether. Deal with the matter reasonably, and when you find you

can do without this little prop, by all means leave it alone. Another good result this little nourishment will afford, having already absorbed some fluid (the cup of tea) into the blood, thirst will not be obtrusive, and the temptation to take much fluid nourishment at breakfast will be avoided, a decided gain to weak digestions. It may be and no doubt

Substitutes for the Cup of Tea is very frequently desirable to substitute for the cup of tea and bread and butter, a glass of half milk and half warm water, or, for the warm water, Apollinaris or Vichy Water may be substituted; a cup of Benger's or Mellin's Food may be better still. These, however, are details to be settled by your physician. What I am anxious to impress on all who are concerned is the necessity of having the strength supported for the fatigues of rising and dressing, in order that a strong, healthy digestion may be provided at breakfast-time.

There are some—constitutionally weak, or suffering from a weak or diseased heart, recovering from an acute illness, etc., etc.—who find that the small prop of a cup of tea is not sufficient to take them to the breakfast-table without a sense of over-fatigue, which entails loss of appetite and a very impaired digestion; then it becomes necessary to take breakfast in bed. It should be remembered if breakfast is taken in bed, it is every bit as necessary to rest before getting up as it is when breakfast is taken

downstairs to rest a short time before going out. Do not be in a hurry to resume taking breakfast downstairs. Be quite sure of your strength before you try, and before you do try take the small piece of bread and butter and cup of tea in bed. It is more than likely that you will find yourself at first not strong enough to make a continuous practice of breakfasting downstairs. Take great care; be quite sure of your strength; because you were able to go downstairs yesterday is no reason why you should be able to do so to-day, and a failure, besides being very disheartening, generally puts your recovery back a few days. When quite well, by all means breakfast downstairs.

The principle of not sitting down to meals over-fatigued or over-tired is to be carried out throughout the day. Do not get over-tired, whether it is before your breakfast, lunch, dinner, or supper. If unhappily you are so, sit down and rest for ten minutes before the meal, and take a glass of half milk and water, with a little brandy in it. Thus rest and stimulate your system generally before placing food into the stomach, and calling on a certain portion of your system to undertake severe exertion, viz., digestion. If the cup of tea in bed is not really necessary, certainly do not take it; other things being equal, anything taken between meals is bad for the stomach.

*Do not
take
Meals
when
Over-tired*

I have known many who take nothing between breakfast at 8.30 and dinner at 7 o'clock, and they have told me they are none the worse *Luncheon* for it; but they are, and will find it out as old age creeps on, or an attack of some acute disease lays hold of them. These are the people who eat too little, and of course there are many who eat too much. If breakfast is taken at 8.30 and dinner at 7 or 8, there is no question but that a lunch is required at midday. Of what that lunch should consist we will deal with later, but it is absurd for any one to endeavour to take enough, or to exist on what has been taken at breakfast, to serve him or her all day.

Now the invalid requires something between breakfast and lunch; so do many others who are very busily engaged, and have not much physical strength. They require something at 11 or 11.30. Probably *Anything between Breakfast and Lunch?* because of their weak digestion, only a small breakfast has been partaken, and they must not get exhausted before lunch, or little lunch will be taken, and that imperfectly digested. For such as these, a small cup of Bovril with toast, a glass of champagne and a biscuit, or it may be a glass of port and a cracknel biscuit, is necessary. The port is sometimes best taken diluted with water—say, a claret-glass half water and half port-wine. A cup of Benger's or Mellin's and three fingers of toast, with two teaspoonfuls of

brandy added, or Plasmon added to milk, by which the milk is doubly nourishing without increasing the bulk. Savory & Moore's Pancreatic Emulsion is capital to take at this time in suitable cases, and on the advice of the doctor. This little meal between breakfast and lunch is only to be taken on the advice of the doctor, as, if it is not required, it will do more harm than good.

There is another little meal which must not be overlooked, dear to the hearts of women and men alike, and that is afternoon tea, as it is usually called, although *Afternoon Tea* coffee or cocoa may be taken, and then I suppose it becomes afternoon coffee or afternoon cocoa; but I am not desirous of splitting straws, and the question is, does one require to take anything between lunch and dinner? Afternoon tea is not necessary or desirable in every case, but many, women especially, feel they require something between lunch and dinner: then there can be no doubt it is necessary and desirable, and for the same reasons as I pointed out when we were discussing the cup of tea in bed before breakfast, and the food between breakfast and lunch. If, however, the system does not show indications of requiring support between lunch and dinner, have nothing to do with afternoon tea; do not take it because it is fashionable or friendly, or even because it is the custom; think of your trusty and often much-tried friend the stomach, and do not

give it any unnecessary work. You hope to have use of your stomach for many years, and one cup of tea of small size taken each afternoon amounts in one year to eleven gallons; so that, during such a short space of a lifetime as one year, you are asking your stomach to digest eleven gallons of tea, in your case an unnecessary proceeding. If, however, your system does require some support during the afternoon, and you only require one cup, do not take two. Do not take it strong, add plenty of milk, or milk and hot water, and never take tea the leaves of which have been infused for a longer time than three minutes. If necessary, have fresh tea made, or go without it. Do not think such a common matter as strong tea, or tea infused for a longer time than three minutes, so simple as to be disregarded; such tea is very prejudicial to the stomach and nervous system. Always add milk, and as regards sugar, a small piece is desirable, but tea much sweetened retards digestion. If you prefer coffee, take coffee. As to whether coffee is better than tea, or *vice versa*, must be decided by the peculiarities of the person taking the drink; but remember coffee disturbs the nervous system less than tea. When coffee is taken, it must be mixed with warm milk in the proportion of half milk and half coffee — *Café au lait*, never *café noir*. As to whether a little bread and butter is desirable or not, must in a great measure be decided by the sufferer, the dyspeptic martyr, but if taken it must be only a

very small quantity, with a minimum of butter; brown bread must never be taken, and never cake or sweet biscuits.

Supper or dinner, as the case may be, should not be taken later than 7 or 8 in the evening. You must remember that digestion will occupy at least four

Dinner

hours; and while it is not desirable to go to bed with an empty stomach, still the process of digestion is retarded by sleep, and therefore time should be allowed between the meal and retiring to bed for digestion to be well on its way to being completed. But remember that to pass a comfortable

night without restlessness and without sleeplessness, the body must go to rest fully nourished, and a good meal some three to four hours before retiring to rest is a great help to assure good sleep at night. The night-cap of whisky- or brandy-and-water, taken

*Sleepless-
ness some-
times caused
by Lack of
Nourish-
ment*

warm in the winter and cold in the summer, and not more than two tablespoonfuls of either spirit in at least two-thirds of a tumbler of water or soda-water, is a great help towards passing a restful night, and more particularly as age advances.

Before concluding this chapter, let us consider the quantity of food, liquid and solid, that should be taken, reserving the quality for future consideration in a separate chapter. I suppose we have all been told, or at least heard of the

advice tendered in the formula, to eat just so much that when you get up from table you could eat more. That advice, however excellent for our forefathers (I am not aware that they were particularly discriminating in the matter of eating and drinking, however; under the table was often their goal, let alone getting up hungry), is not at all applicable in the twentieth century, in the days of rush and hurry, electric railway tubes, wireless telegraphy, and many other appliances for saving time. You will say, and I think rightly, what is the good of sitting down to a meal if you are to get up hungry? The fact is, eat as much as you require, as much as you can digest, as much as will not cause you flatulence, pain, or inconvenience afterwards. Indigestion is often caused by eating too much, and not always too much meat, but too much bread, potatoes, porridge, and other starchy foods, which very easily in excess undergo fermentation and cause dyspepsia.

If in perfect health, eat of good nourishing food until you are satisfied. If undergoing severe muscular exercise, especially exercise in the open air, more food is undoubtedly required than when not so engaged. The air and lack of occupation on board ship, especially on board one of the many fine liners, conduces to over-feeding, which, together with the absence of exercise, causes the congestion of liver and stomach from which so

many passengers suffer. Nor are the owners free from blame, tempting, as they do, their passengers with so many delicacies and luxuries. Considerable mental exertion also demands a good supply of food, as does the exhausting pain of neuralgia, tic, and other kindred complaints. The dyspeptic must eat as much as he can digest, must eat slowly, and not have his mind occupied on business or other matters, or he will be quite oblivious what, how much, or how little it may be, he is taking.

The schoolboy home for his holidays, of course, eats too much—it is holiday fare; however, growing children, you should remember, require a very considerable amount of good nourishing food; they have not only to repair what is exhausted in their bodies, but while they are growing have to build up bone, muscle, and brain.

*Children
require a
Good Deal
of Food*

The amount of liquid food that should be taken is quite as important a consideration as the amount of solids. Not only the quantity and the quality of liquids, but the time at which they are taken is an important consideration. In health, fluid is taken until thirst is quenched, or it is taken for the sake of good fellowship, or because it is placed before you—that is to say, very little attention is paid by the healthy individual to the quantity of fluid taken, and no attention at all to whether the time

*The
Amount of
Liquid
Food that
should be
taken*

is suitable. Again, fluid is so rapidly and so easily swallowed that no one thinks of its bulk and the room it takes up in the stomach, and if to a full meal a pint of beer or several glasses of wine be added, it follows of necessity that the stomach must be very considerably distended. This distension is bad, as likely to embarrass a weak heart and cause palpitation, and a distended stomach is not so well able to grasp and churn the food in a satisfactory manner. A large amount of fluid will unduly dilute and weaken the gastric juice, with a result that its chemical action is incomplete. The dyspeptic must pay great attention to what follows—points of advice, when to take fluids, and how much should be drunk. As regards the nature of the beverage, that will be considered later, when we have the relative digestibility of various foods under consideration. That fluids perform a useful function in flushing out the kidneys and intestinal tract is true, and I shall have something to say on that point later. The amount of fluid that dyspeptics should take with their meals must be strictly limited.

It is only natural to expect that some men and women can easily do with much less liquid food than others, but I have never found the slightest difficulty in carrying out the following advice: At breakfast and tea only one cup of beverage should be taken. At luncheon and dinner five to six ounces of fluid food should suffice: a domestic

tumbler holds about half a pint, that is ten ounces. The beverage should be taken in small quantities, from time to time during the meal, reserving as much as possible for the end of the meal. If you find you are unable to get along with this amount of fluid at meals, you may dodge your thirst, but you must not take a larger quantity during meals. You may dodge your thirst by anticipating it. If you find the one cup at breakfast will not satisfy you, while you are dressing take a cup of tea or coffee, or a glass of half milk and half water, with a little lime-water added if you have any looseness of the bowels. By the time you are down to breakfast, the fluid you have taken will have been absorbed, and the stomach empty; you will not be troubled with thirst; your one cup will satisfy you. So at luncheon, dinner, or supper, if the five to six ounces of fluid taken during the meal is found not to quench thirst, the meal rendered unpleasant, and the appetite lost, you must, as mentioned when speaking of breakfast, dodge your thirst by anticipating it. On no account must you increase your allowance during meals. Take, twenty minutes before either your luncheon, dinner, or supper, as may be necessary, eight or ten ounces of seltzer water—plain water—milk and Apollinaris—milk and Vichy, which you please; but we will deal with this matter again. Twenty

*Method of
evading
Thirst at
Meals*

minutes or even a quarter of an hour will be time enough for the fluid to be absorbed from the stomach, and leave it empty ready for the meal when the gong sounds. Nothing I have said will

The prevent a night-cap of dilute spirit-
Night-cap and -water being taken when found beneficial, as it so often is, especially to people advanced in life, or with a sluggish circulation, or who are indifferent sleepers.

I will conclude this chapter with observations on digestion in the stomach chemically considered,

The that is entirely with reference to the
Stomach gastric juice. Indigestion in the
and the stomach may be due to a defect in
Gastric the quality or quantity of the gastric
Juice juice. Whether this is so or not, your physician will tell you, and will give

you a prescription to correct such defects. You should know, however, that if you are anæmic, or recovering from a severe illness, or not in good general health, and not living a healthy life, you cannot expect the gastric glands of your stomach to act strongly and healthily and secrete juice of good quality and quantity. Indigestion is not infrequently a first symptom of general ill-health, of burning the candle at both ends. It is a warning note, it may be, of some serious illness, and should always be attended to. Do not let yourself get run down in health. See a doctor before your stomach or some other organ gives a kick that will

demand attention. When the stomach does give a little pain, do not pamper it with pepsine tabloids, or any of the various anodynes on the patent medicine market. Go and see a doctor, get a prescription, and follow his advice and what you read in this book.

CHAPTER III.

The toilet of the stomach—Digestion brought to a termination in the intestines by the action of bile, etc.—Action of bile on digestion—How to avoid disturbing the liver—Cold extremities mean congestion of the liver—The chemical action of digestion in the intestine—The mechanical action of digestion in the intestine—Diarrhoea—Constipation.

BEFORE leaving the subject of the stomach and considering digestion in the intestines, I have a word or two to say about what I will call the toilet of the stomach. A chronic dyspeptic gets up in the morning, and if a woman, expresses herself as feeling—nohow—out of sorts; a man will say he is chippy and not up to much. They will both complain of no appetite, mouth clammy, very likely an unpleasant taste, and will look in the glass at the tongue. It is no surprise to find the tongue coated; it may be with a thick greyish-white or brown fur, flabby, large, with marks along the sides from indentations of the teeth. It is no disappointment to find it thus; it is the case more often than not, sometimes a little better, sometimes

a little worse, always bad. Some do nothing; others try and scrape the tongue in an endeavour to get rid of the disagreeable fur—find a little relief from the attempt, give a sigh and wish things were not so, and go down to breakfast, but with no appetite.

Read carefully what follows, carry out thoroughly the simple recommendations, and find relief. What does inspection of the tongue tell your doctor? It tells him, among other things, the condition of the stomach; if the tongue is flabby and covered with fur, so will the stomach be, and he forthwith gives you advice and a prescription to clean the tongue and stomach.

Why do you not keep your stomach clean? You get up in the morning, certainly have a wash, certainly wash your teeth, very likely have a bath, hot or cold, according to the time of year, the strength of your circulation, or as fancy dictates. You look at your tongue, find it requires cleaning, proceed to scrape and clean it to the best of your ability. But your lack of knowledge, your ignorance that the tongue reflects the condition of the stomach, prevents you extending this washing and cleansing process to your long-suffering stomach. But now that you know that a dirty tongue means a dirty stomach, you will desire to clean both. How is it to be done? By nothing more difficult than by drinking a tumbler of water, hot or cold, according to your own inclination or

experience, or the season of the year dictates, the very first thing in the morning when the stomach is quite empty. It is as well not to drink the tumbler of water right off at one draught; make two or three drinks of it while dressing. If to the tumbler of water you add one eggspoonful of bicarbonate of soda, with or without a little less carbonate of magnesia, and a pinch of common salt, the cleansing effect of the drink will have a more marked effect on the stomach.

You understand that taking this alkaline drink the first thing in the morning when the stomach is empty, has the same effect on the stomach that the usual wash has on the skin—you take a bath inside—the muscular action of the stomach swirls the water round over the surface of the stomach, cleansing its surface, unstopping the minute ends of the gastric glands, and thus allowing gastric juice to be poured out freely; sharpening and freshening the nerves of the stomach, stimulating them to a better performance of their duty, and in general, giving the same tone to your stomach that the refreshing action of your bath or wash does to your general system. Part of the water is absorbed into the system while in the stomach, but a fair quantity passes on into the intestines, there to carry on the same cleansing process, and by making the contents of the lower bowel more liquid and stimulating the muscular walls of the intestines, assists nature and overcomes constipation.

That so simple a remedy as attending to the toilet of the stomach by drinking a glass of water the first thing in the morning can have such beneficial results, is unknown to most people. I have no doubt many of you have been told by your physician to carry out this treatment, but you have not done so, or only in a half-hearted manner, one or two mornings a week perhaps, and then laid it aside altogether. Here you have in plain language the treatment and its *raison d'être*; you have it in print; carry it out, follow it regularly, punctiliously, and you will find the medicines your physician is giving you will have more effect, and not have to be so often resorted to. The stomach will be clean and kept clean, and the result will be most satisfactory to your doctor as well as yourself. Remember, all you chronic dyspeptics, when washing your teeth or when taking your bath, your glass of water, and do not forget to take your bath inside, as well as outside, and you will be very thankful for your alkaline glass of water.

Every one is accustomed to think that indigestion is caused by some faulty condition of the stomach and the stomach alone: that this is not the case I have already shown. We have seen that faults may exist in the mouth, and the general health has a great deal to do with the healthy action of the organs of digestion. Digestion commences in the mouth, is very considerably

advanced in the stomach, but is not there completed; the bile secreted by the liver, the secretion of the pancreas (sweetbread), and a juice secreted by the glands of the intestine itself—all these digestive juices are met by the contents of the stomach, when passed on into the intestine, and are there acted on and digested by them. When any one of these juices is deficient in quantity or quality, you must of course have resort to the physician to again put the respective organ in a good state of health; but, as I explained in my Preface, this is a nursing manual for the organs of digestion, and the object of the advice that follows is to enable the reader to live such a life as to prevent these organs getting out of order.

We have not these organs—the liver, pancreas, and intestine—so much under our own control as we have the stomach; their action is more complex; but if the advice given under the chapter on indigestion in the stomach is followed, food will enter the intestine in a better state of digestion, and will not upset or tax to so great an extent digestion in the intestine. Moreover, all the rules drawn up and the advice given to secure a healthy action of the stomach apply also to the liver and intestines; therefore, while following the advice given for maintaining good digestion in the stomach, benefit will also result to digestion in the intestine.

The one, then, is to a great extent dependent on the other, and if care is taken so to regulate life as to facilitate digestion in the stomach, indigestion in the intestine will be rarely met with. Beyond again asking you to read carefully all that has been written previously on the stomach and to carry out the advice and instructions given, and also what will follow when dealing with the subject of those foods which are digestible and those which are indigestible, those foods which should be avoided and those which may be taken with discretion (and all food and drink should be taken with discretion), I do not know that I can say more to ensure the perfect working of the secretion of the pancreas and the glands of the intestine.

There remains, then, the bile—the secretion of the liver, which flows by a little tube from the liver into the intestine, and there has important work to perform on food to ensure perfect digestion and assimilation. My difficulty about giving advice to ensure perfect working of the liver, and consequently the full action of bile, is to know how to condense that advice so as not to weary you. To sit down to a meal in a state of great excitement or anger is to court disaster by upsetting the liver; to sit in a draught, so that the legs and feet get cold, is to drive the blood to the liver, to congest it and upset the secretion of bile. Not

*Action of
Bile on
Digestion*

*How to
avoid dis-
turbing the
Liver*

to take any stimulant with meals, if, from want of strength, or increasing age, or hard labour, or any of the manifold causes of a poor circulation, you require it, is again to court disaster by congestion of the liver. *Au contraire*, alcohol in excess—not necessarily alcohol in excess at one particular time or at one particular meal, but the sum of the amount of alcohol during twenty-four hours, particularly the little drinks between meals—that is a serious source of danger to the liver and the stomach. The east and north-east winds upset the liver with many people. Going out of doors must be avoided as far as possible when these winds are strong and prevalent; a closed carriage should be used instead of an open one; the inside of the omnibus chosen instead of the outside; the back to the engine in the railway train. A warm climate, a sheltered position, must be chosen to reside in during the winter months. A footstool while taking meals to ensure the feet not being chilled by the draught from the door continually

*Cold Ex-
tremities*

mean

*Congestion
of the
Liver*

being opened and shut; suitable clothing to ensure the whole of the body being kept warm.

Bear well in mind that cold feet or cold limbs mean a poor supply of blood to that portion of the body. The skin contains a large quantity of blood. Goose-skin is a sign of fear or cold. If the whole body is not warm you may be sure there is a defect

in the supply of blood to the cold portion, with a corresponding congestion or surplus of blood to some other portion of the body, and the liver in nine cases out of ten is the organ which receives this surplus blood driven from other parts of the body, with the consequence that the liver becomes congested, the normal secretion of bile becomes disturbed, biliousness and indigestion is the result. And as was the case when considering digestion in the stomach and mouth, so with digestion in the intestine—it is partly chemical, and partly mechanical. The chemical part of digestion in the intestine is the action of the bile, also the secretions of the pancreas and the intestine, by which food is digested and so altered that it can be absorbed by and nourish the body.

*The
Chemical
Action of
Digestion
in the
Intestine*

To ensure the bile being in sufficient quantity—not too little, nor yet too much, and in proper quality—the advice given above, so as not to upset the liver, must be followed, and then indigestion will not be caused by the liver being out of sorts; and in order to ensure the secretions of the pancreas and intestine being of good quality and sufficient quantity, the advice given so as to ensure efficient digestion in the mouth and in the stomach will also ensure an efficient quality and quantity of the juices of the pancreas and small intestine.

As to the mechanical action of digestion in the intestine, that consists of the food being gently, regularly, and quietly passed along the whole twenty-five feet of length of intestine. If the food passes along too quickly, part is passed out of the body before it has had time to be properly digested and assimilated, and as a result the individual is thin and poorly nourished. If it remains too long in the intestine, it undergoes decomposition, poisonous substances are generated, and this constipation is a great cause of indigestion and general ill-health.

If food passes through the intestine too quickly, advice must be sought from your physician; at the same time you may help yourself by taking milk diet—that is, milk, bread and milk, and milky puddings. You must also avoid all articles of diet which you know from experience you are unable to digest and in consequence are a source of irritation to the bowel, and are hurried along as quickly as possible until the offending matter with the other constituents of the meal are expelled. Do not forget that spinach and other green vegetables, fruit—especially plums and nuts—all preserves and marmalade, treacle, porridge, brown bread, and fats generally, are all common articles of diet likely to cause diarrhoea in those with delicate digestions.

On the other hand, if food remains in the bowel too long,—that is to say, if you suffer from constipation—a very common complaint, —there are a great many ways in which you may help yourself, but constipation is such a common cause of indigestion, is such an important and prevalent disorder, as to merit a chapter for its consideration alone.

Constipation

CHAPTER IV.

The digestibility of the usual articles of diet — Milk — White bread — Toast — Brown bread — Eggs — Fish — Meat — Poultry — Game — Rabbits — Vegetables — Salt — Mustard — Vinegar — Fruits.

BEFORE weaving my tale around the meals—breakfast, luncheon, dinner, and supper—of the

The Digestibility of the usual Articles of Diet: Milk sufferer from indigestion, it will be as well to state some plain, simple facts about the digestibility of articles of diet in every-day use. The first that occurs to me is milk, which is a food in itself, but being a liquid it must come in the chapter on beverages, where it will receive every consideration. Moderately

White Bread stale bread is more digestible than new bread. Bread should be light and porous; speaking generally, bread made by aeration is more easily digested than bread made by fermentation—that is, aerated bread is easier digested than ordinary bakers' bread; but if bakers' bread is carefully and well made, fermentation having gone far enough, and not too far, it is easy of digestion. If you have any doubt

about your bread, toast it, and eat slowly; toast and stale bread are both dry, and thus require more mastication and incorporation with saliva, which gives the saliva the time necessary to digest the bread; the toasting of bread is in itself beneficial. Brown bread or wholemeal bread is very difficult of digestion.

*Toast**Brown
Bread*

The egg is a complete food, and is not difficult of digestion. An egg when raw is in its most digestible form; lightly boiled it is more pleasant to take, and almost as digestible; but a hard-boiled egg is not to be thought of by the dyspeptic. The eggs of the duck and plover are too rich to be easily digested.

Eggs

Fish that is boiled is in every case more digestible than fish that is fried. Whiting, plaice, and sole are the three fish most easily digested. Cod, turbot, and brill are good, nourishing, fine fish; their flesh, however, is very closely fibred, and this fact renders them somewhat difficult of digestion. When in season, and no fish should be eaten out of season, the flakes of these fish are loosely connected together, and after cooking, are covered with a creamy white soft material. Fresh herring, salmon, mackerel, sprats, and eels all contain a quantity of fat which renders them difficult of digestion. Shell-fish of every kind is most indigestible, also shrimps and prawns. If the oyster is fancied, only the soft

Fish

part is to be eaten: the hard muscle is difficult of digestion. Whiting are in their prime in January, February, March, September, October, November, and December, to which months, in the case of plaice, we may add April, and young sole all the year round; turbot, cod, and brill, during January, February, March, April, October, November, and December; mackerel in May, June, July, and August; salmon best during February, March, April, May, June, July, August, and part of September.

Meat: the flesh of an old animal is tough and indigestible, and that of the young is not so digestible as that of the more matured.

Meat Mutton is more digestible than beef, lamb and veal are not so digestible as mutton and beef. Pork, as is well known, is exceedingly indigestible.

Bacon is not a digestible article of diet, but, when cold and boiled, is much easier digested

Bacon than when hot and fried. The dyspeptic should never take fried bacon: it is too hard, too close fibred, and contains too much fat.

Sweetbread is easily digested, and a most excellent dish for the dyspeptic; simply cooked, boiled in milk, most useful for a weak digestion; when fried, without doubt more palatable, but not so easy of digestion.

Calf's head and tripe do not require much

mastication, but neither is so easily digested as is generally supposed.

Poultry is easy of digestion, holding a place midway between game and meat. It is better boiled than roast, and the wing and breast easier digested than the leg. By poultry we mean chicken; duck, goose, turkey are all much richer, and not to be thought of by the dyspeptic; indeed, it is not only the duck, goose, and turkey, but it is the accompanying sauces and contents of the gun-room that add so much to the troubles of digestion. *Poultry*

Grouse, partridge, and pheasant—this year's birds—are easy of digestion, appetising, and very nourishing, suitable to all dyspeptics, more especially to those who have been suffering from an acute attack of indigestion. *Game* A word of caution must be urged against the bread sauce and rich gravy that are usually served with game: a little, simple gravy and a spoonful of bread crumbs, may be taken, reserving the bread sauce and rich gravy until such time as you feel safe, when convalescence has been established some time. The hare must be reserved for the time when convalescence is established; it should then be roasted and not jugged; a leveret may be taken with greater impunity. Beware of red-currant jelly. The hanging of game renders it more tender and digestible, but the eating of game that is really high must be avoided by the dyspeptic.

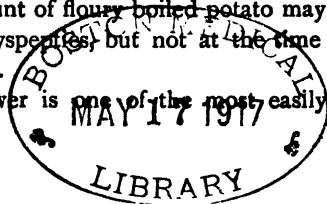
Venison must be taken with caution, but when young and tender, it is not difficult of digestion.

The wild duck, the strong and fishy taste of which appeals so strongly to some people, is not to be taken by the dyspeptic: the flesh is too firm, as is also that of the ptarmigan. Woodcock and quail are not common articles of diet, but a dyspeptic should remember they are rich birds. A pigeon may be taken, but not a snipe.

Rabbits, when quite young and boiled, are not difficult to digest, but late in the season or last year's rabbits are to be avoided by the dyspeptic.

In dealing with vegetables, as with other articles of diet, I am only looking at the matter for those whose digestion is weak. The potato must not be new, but should be floury or mealy, as it is termed, and always boiled; "boiled in their skins" is the best method. The potato must never be baked, fried, or cooked in any of the hundred-and-one methods that clever cooks delight to tempt you with. Never take what is known as mashed potatoes, but boiled potato passed through a potato-sieve is a very excellent method of serving potatoes for the dyspeptic. A small amount of ~~floury boiled potato~~ may be taken by most dyspeptics, but not at the time of severe indigestion.

Cauliflower is one of the most easily digested



vegetables; so is celery when cooked—it must never be taken raw.

Vegetable-marrow is another easily digested vegetable; however, it contains a large quantity of water, and is in consequence a bulky food, and on that account must be taken in small quantity.

Cabbage cut up fine and in moderate quantity may be taken when digestion is fair, as also may asparagus.

Spinach is almost entirely indigestible, but for those who do not suffer from dyspepsia it is a wholesome vegetable, and on account of its indigestibility and consequent irritability to the bowel, is a useful guard against constipation.

Beans and carrots must be reserved for convalescence; turnips, parsnips, salsify, peas and broad-beans are for perfectly healthy people only.

All vegetables must be thoroughly cooked, perfectly fresh, and, except in the case of potatoes, new and quick growing.

A cooked tomato is a red danger-signal for the dyspeptic; a raw tomato is worse still. Never take tomato sauce or tomato soup.

I should hardly have thought it necessary to command the dyspeptic to absolutely avoid cucumber, but one year staying with some friends at their country cottage, while we were having an *al fresco* lunch on the lawn, my host—a dyspeptic, for whom we all perforce made little allowances—jumps up, almost overturning the improvised table, paces

up and down talking in a most incoherent and unparliamentary manner, and complaining with such vehemence of his unfortunate indigestion as to almost make us feel aggrieved that every mouthful we took gave us pleasure and not pain. We swallowed our meal in a self-abnegated silence and reproach, rudely broken by the dyspeptic one announcing, "It is past; I am all right now," plumping himself down in his chair, and saying with a martyred, self-injured air—"Charlie, dear boy, pass the cucumber!" I could have chastised that man.

Cucumber, lettuce, mustard and cress, onion, endive, etc., all the usual vegetables which go to complete a salad, must be absolutely avoided. Mushrooms must not be taken; they are very difficult of digestion, and occasionally give rise to symptoms of poisoning.

Salt.—Salt is absolutely necessary to health, and taken in moderate quantities assists digestion.

Mustard.—Mustard stimulates digestion.

Vinegar, Sauces.—Vinegar hinders digestion, and should be avoided. Mint sauce, and almost all patent sauces and relishes hinder digestion, and often cause acute pain and irritation.

Strawberries, raspberries, currants, blackberries, mulberries, gooseberries, are all good wholesome fruit when digestion is in good order, but on account of the indigestible seed, to say nothing of the skin and some salts they

Fruits

contain, must be avoided; even when cooked the same difficulty presents itself.

Apples must not be taken when raw, with a possible exception of the Canadian "Fameuse," and then only a small piece. When well cooked the apple is more digestible, but must be taken with great care and in small quantity.

Ripe grapes are easy of digestion; so is a ripe, but not over-ripe, banana.

The juice, and only the juice, of a ripe orange is very refreshing and pleasant, and not difficult of digestion.

Cherries are a very close-textured fruit, and on that account not at all easy of digestion; when cooked, however, they are much more digestible.

The plum is a very difficult fruit to obtain just ripe enough, and not too ripe, unless of course you can go into the garden and pluck the fruit yourself; given the fruit ripe and eaten without the skin, it is a fruit easy of digestion.

The peach and nectarine are both easy of digestion, the apricot more difficult.

Pears and melons, although containing a large quantity of water, are not easy of digestion; the fruit occupies a lot of room in the stomach, and it is a bulky food and not easy of digestion.

All nuts are indigestible, and not only should all dyspeptics most rigidly eschew nuts, but I would warn those in health to partake of nuts either not at all or very sparingly. Some lives have been lost

and many serious illnesses caused by an obstruction, and inflammation set up by a mass of indigestible walnut or other kind of nut. The pine-apple, notwithstanding all that has been said to the contrary, is a fruit very difficult of digestion.

Rhubarb stewed, when quite young and fresh, may be taken with care.

Dates, prunes, raisins, and I may mention here chocolate, and all kinds of sweets, are not to be taken.

CHAPTER V.

What to eat and what to drink—Too long intervals between meals not good—Principles that should govern the meal hours—Hour for breakfast—Cold bath—What to take at breakfast—Eleven A.M.—Luncheon—Tranquillity of mind and good temper—The past, the future, the present—Luncheon in town or the city—An apology for lunch—Luncheon in the office—Luncheon in the restaurant—What to eat at luncheon—Scones and cakes—What to drink at luncheon—Afternoon tea—Dinner—What to eat at dinner—Soup—Fish—Poultry and game—Meat—Vegetables at dinner—Sweets—Cheese—Coffee—Liqueur—Eat slowly—Dessert—What to drink at dinner—Dinner at midday.

WHAT to eat and what to drink? If you are in perfect health, eat and drink as a human being should, as his natural desires dictate; remembering that, because he is a human being, he possesses the power of self-control, which inhibits at all times gross passions—gross eating and drinking.

*What to
Eat and
what to
Drink?*

In this age of overwork—of inordinate hurry, of high pressure, of prodigious cultivation of the brain, the stomach has little attention paid to it,

and is one of the first organs to give way, with a result that indigestion is very general, and almost as universal in Great Britain as in America.

Having carefully read in Chapter II. the process of digestion, what to do to assist digestion, and what to leave undone so as not to retard digestion, and it is a chapter that will bear reading more than once—we must now consider in detail everything that bears on the meals of a dyspeptic: when we shall take them, how often, and of what shall they consist?

Most people, I suppose, take a breakfast, lunch, afternoon tea, dinner; that, spread over a period of twelve hours, with twelve fasting, completes the twenty-four hours of each day. Many others make a midday dinner at 1.30 P.M. or 2 P.M., and a supper at 8 or 9. Some fix their dinner-hour at 6, most at 7 or 8, and not a few as late as 9 P.M. The hours of meals are fixed with some from necessity of their professional or business calling, others by the usage of society, and others again by what was good enough for their fathers is good enough for them! But very few when fixing the hour of a meal, consider the stomach, the organ most concerned, which has immediately to deal with foods on their being swallowed.

Some men have their breakfast at 8.30, go into the City, and, without breaking their fast, return about 6.30 or 7, when they take dinner. This is no uncommon practice of many men, and some carry it

out for years, and even get fat without appearing to suffer any ill. Is this practice a good one? It is one that will only suit a few. That to some it does no harm up to the age of fifty I am quite prepared to admit; but when that age is reached there is no manner of doubt that at 1 or 1.30 a basin of soup, a glass of wine and a little fish, or even a sandwich or two with a little brandy or whisky and water, is required.

*Too long
Intervals
between
Meals not
good*

There are a few people who suffer from indigestion because their meals are taken at too long an interval, and certainly when the age of fifty or thereabouts is reached, nature requires something to be taken between breakfast and dinner—a little fresh fuel to keep the machinery running.

Why some men who take three or even four good meals a day will remain thin, while the gentleman who takes only two becomes fat, I cannot explain to you further than to say it is the nature of the person. One man's meat is another man's poison; one man, whatever he does, or eats, will remain thin, and the other on the same treatment will grow fat, but obesity may always be controlled by diet.

It is quite plain, then, that the number of meals, the hours at which they are taken, and the food of which they consist, must vary directly with the requirements of the individual. No hard-and-fast

line can be laid down that will suit every one; each case must be treated on its merits; but the lines that I shall lay down in the following pages are those on which most can travel, with enormous benefit to themselves, to their digestion, and general comfort; little sidings each one can make for himself, but the broad principles are to be strictly followed.

*Principles
that should
govern the
Meal-hours*

In a previous chapter I have most emphatically placed before you the importance of not taking a meal and calling on the stomach to digest when the system is already tired and fatigued, and consequently not in a good condition to carry digestion through. I have pointed out the desirability for dyspeptics to take liquid nourishment some little time before a meal, in order to anticipate thirst, and prevent the necessity of dilating the stomach, and thus rendering it weak by mixing a quantity of liquid food with solid food, and making an otherwise soft, pultaceous, homogeneous mass a veritable slough, a slough of despond for the weak stomach. It is therefore necessary for every one who suffers from indigestion to so arrange his meals that he will not be compelled to take them immediately he comes in tired, often over-tired, from the City, or visiting one's friends in the Park, or whatever a man or woman's business may be. Instead, take twenty or thirty minutes in which to sit down and rest and shake off the effects of over-fatigue, and

this time may well be occupied in taking some fluid nourishment (something to drink) which serves a twofold purpose, being, as it is, quickly absorbed into the blood; even if it be plain water—and there is nothing better in many cases—it relieves the feeling and the fact of fatigue, and does away with the necessity of drinking much at meal-time. So also when arranging the time of your meals, you must so fix the hour that it will be possible to rest for twenty minutes or half-an-hour after the last morsel has been swallowed. You must constantly bear in mind that your stomach is a hollow organ with thin walls (a bladder, in fact), the contents of which are being churned by nature in order that food may be digested and rendered fit to be absorbed and nourish the body; and how in the world, I ask you, can this go on effectually if this delicate organ (the stomach) is being jolted by a railway train, or an uneven macadam road, or by the movements of walking or running? But, by being given a fair start, much can be accomplished and no digestive troubles arise.

The hour at which meals are taken, then, must be so arranged as to give a healthy and not a tired system to tackle the food; and after a meal a little rest to start the complicated process of digestion fairly on its way. Now as to the time of breakfast. In a previous chapter I have indicated those who will be benefited by taking something before they rise

*Hour for
Breakfast*

from bed, and it need not of necessity be a cup of tea (a cup of tea on an empty stomach so often causes an enormous amount of flatulence); a glass of equal parts milk and water, or milk and soda, Vichy, or Ems water, or a cup of cocoa or coffee, will serve the purpose. If you do not require this prop before breakfast, do not take it because your wife does, or because it is brought to you. Ten ounces of tea a day not required is ninety-one quarts of tea wasted at the end of one year, and worse, it is ninety-one quarts of tea you have needlessly given your stomach to digest. Fix your hour of breakfast at a time that will permit a little rest being taken after you have finished, before rushing off to the City, where you carry on your business, or to the West End, where the all-important duties of shopping are attended to.

If your circulation is good and your liver not sluggish, a cold bath or a tepid one, according to the time of year and your own strength
Cold Bath of circulation, is undoubtedly an aid to good digestion; a good rub-down afterwards with a rough towel is a *sine qua non*. A little Scrubb's ammonia added to the bath softens the water and adds to the general stimulating effect.

Do not make the breakfast hour too late: that would mean an unhealthy lying in bed of the morning, the most healthy and invigorating part of the day; nine o'clock should be the very latest hour to commence breakfast.

What to take at breakfast? Bread that is not new, and with a moderate quantity of butter, should be the staple food at breakfast. In the eating of bread, it is to be remembered that the saliva of the mouth plays a very important part in the digestion of bread, so that mastication must proceed slowly and thoroughly to allow saliva to be perfectly incorporated with the bread and give it (the saliva) a fair opportunity of digesting bread. Do not force your bread down your throat by sips of tea, coffee, or whatever fluid nourishment you are taking at breakfast; if you do, you will not have given the bread time to be incorporated with and acted on by the saliva; masticate well and long. Do not get tired and be half-hearted, and at once pass the food on to the stomach by swallowing it down with some tea or coffee, or sooner or later indigestion will result. It is partly for the above reasons that toast is more digestible than bread, and stale bread than new; they are both dry, and require longer time for mastication and incorporation with saliva, before they will be passed on into the stomach, and will thus give saliva a longer time to act and fulfil its part of digestion. Toast and dry bread being more porous, saliva acts more readily on the whole mass.

*What to
take at
Breakfast*

Bread and milk, oatmeal porridge? No! Why not? Because, firstly, they are slippery foods; they slide down into the stomach before the saliva

contained in the mouth has had time to digest them, and it then requires a strong stomach to tolerate such food until it is passed on to the intestine, where again provision is made for their digestion; indeed there is practically no provision made for digesting that class of food in the stomach, and it is very apt to set up acid fermentation. Again, bread and oatmeal soaked in milk swell up in much the same way as bread does in a bread-poultice. Bread-poultices are not suited to a weak stomach, at all events not internally. Bread and milk or porridge occupies a lot of room in the stomach, and forms with other foods a slushy, bulky compound not suited to a weak stomach. Both bread and milk and oatmeal porridge are excellent items of diet to the healthy, but for the weak and dilated or inflamed stomach such bulky foods must be forbidden until the doctor informs you recovery has sufficiently far advanced to warrant your taking such foods.

Bacon is very indigestible, both on account of the large quantity of fat and because of the closeness and very often hardness of the fibres of its meat. Bacon as an article of diet is not to be thought of while any symptoms of dyspepsia persist; a little cold, lean, boiled ham may be tried as indigestion gets better, and the hot bacon reserved for absolute health, when it is a most excellent article of diet. It is possible by this time you are wondering what on earth you may take for breakfast, but it seems

to me best to first point out those articles of diet which are in common use at the breakfast-table, and which are more or less indigestible, before sketching out a breakfast menu for the dyspeptic, then no surprise will be experienced at their omission, and knowledge will have been obtained as to which to try first as convalescence becomes established. Herrings are not easily digested, containing as they do a considerable quantity of fat amongst the fibres of the fish, to say nothing of the bones that may be swallowed, although these bones may be so arranged by nature to cause a considerable time to be taken over a herring, and thus give it a fair chance of being digested. Eels, mackerel, and sprats contain a considerable amount of fat, and are not easy to digest. The haddock is rather more digestible, but is not, unfortunately, to be taken with impunity.

Shell-fish of all varieties, including shrimps and prawns, I need ~~only~~ mention to forbid.

Liver, heart, kidney are all very close-fibred meats, and are very often cooked hard and tough. They must not be thought about even by one who only suffers from dyspepsia occasionally, and are therefore absolutely to be tabooed by the dyspeptic. Made-up dishes, things heated from the previous day, must never be ventured on by the dyspeptic.

The egg—the ever-present on the English breakfast-table—is that to be forbidden? No, I am glad

to say. Still, remember the egg when raw is in its most digestible form, lightly boiled it is more pleasant to take, and almost as digestible; but a hard-boiled egg is not to be thought of while any symptoms of distress having reference to the stomach are even thought about. When you are better, and after asking your doctor, you may launch out into the pleasures of a poached egg, later still scrambled egg, and very last of all an omelet. You will have noticed in the last few lines I have spoken about the egg, not eggs: the less is more digestible than the greater. Begin with one egg, and at first only the yoke should be taken, a small portion of the white later, a little more as progress in convalescence advances.

Is it necessary to forbid all forms of potted meats, sardines, salad, tomatoes, lettuce, water-cress, radishes? They must be and are forthwith each and every one of those articles of food absolutely and entirely forbidden for the dyspeptic, and forbidden for all time—at least as far as my advice goes, for any one who has at any time ever consulted a doctor for stomach trouble of any duration. Oh! when you are well—in perfect health, and have remained so for two years—you may consider many things—you may think of a salmon mayonnaise!!

Now before condemning many other good things, let me say what the dyspeptic may have for breakfast, allowing him to choose other articles of diet

from among those I have mentioned and others which I shall mention, as he himself recovers from his indigestion. What may he drink? The amount will be small, that has already been agreed on. He may take tea, coffee, or cocoa, as from experience he knows which suits him best; and if none of these, milk and water, with the chill off, and milk and warm water will often be found to be the most suitable. If tea is taken, the tea itself must be good—cheap tea is very often indifferent tea, very expensive tea is not necessarily the most suitable; obtain a good tea at a fair price. See that the water boils. Use an infuser, and see that the boiling water is not on the leaves more than two and a half or three minutes. It is best to place only two-thirds of the water you intend to use to make the pot of tea on the leaves first, and when the leaves have infused for two minutes, add the remainder of the water. See that the teapot and the kettle in which you boil the water are quite clean. Milk should be added, and a little sugar, unless sugar is unpleasant to the taste, but milk should be invariably added. Tea should be always taken weak, otherwise it is liable to retard digestion, and will also often be a cause of palpitation, sleeplessness, and general nervous disorganisation. Coffee must always be taken as *café au lait*, half milk that has been scalded and half good coffee, not too strong, freshly made, hot, and with sugar. Whether tea or coffee is taken must be

left to individual taste and experience, but tea without doubt disturbs the nervous system more readily than coffee. Cocoa or chocolate will not as a rule be found suitable. No doubt they are more nourishing than tea or coffee, but not so digestible, and have a sickly, unpleasant taste to many. Plasmon cocoa is easily digested, very nourishing, containing 60 per cent. of plasmon, and is well worthy of a trial. Some people lay great stress on cocoa made from nibs. It certainly has a somewhat different flavour, but that it is more digestible or more nourishing than cocoa made from the very many excellent prepared cocoa powders now on the market I have not found to be the case. You may make your cocoa with milk, or milk and water, or even water alone, but whichever you use it should be boiling; and the best method for those of weak digestion is to use two-thirds boiling water and one-third boiling milk. But the great secret is not to make your cocoa too strong. It should be of a consistence very little thicker than milk, and when the cup is empty there should be only a very slight residue of cocoa paste. Chocolate is less suitable for dyspeptics than cocoa. It is, however, nourishing, and may be taken; and again, as in the case of cocoa, the secret is to take chocolate weak, and to be taken by those of weak digestion when recovering from an illness rather than by those who suffer from chronic dyspepsia. To sum up, weak tea

with plenty of milk, or half warm milk and half water, is the best beverage for dyspeptics at breakfast. As the dyspepsia improves, weak coffee, and still later weak cocoa or chocolate. Cocoa may be taken earlier by those whose dyspepsia is caused as the result of an acute illness, than by those whose illness is dyspepsia from the commencement.

Now for the solids that may be taken at breakfast. It will not be necessary for me to recapitulate what I have said on the subject of bread and toast on a previous page. If that matter has not been digested and assimilated, please read the part again. Suffice it to say that the bread at breakfast must not be new, and must not be spongy or moist; neither must it be a whole-meal bread. It must be a light, white, dry bread—an aerated bread is found to suit some people best, with not too much crust. In very many cases, but not in those where the stomach is very irritable, toast is more suitable than bread; and if there is any difficulty in obtaining a good bread, it is much better to eat toasted bread. The slices should be about a quarter of an inch thick, and should not be taken hot or warm. Butter, which is of course in the main the fat extracted from milk, must be used in moderation, thinly spread over the surface of the bread or toast, and never under any circumstances is a slab of butter to be placed on a piece of bread or toast and thus eaten. I need hardly say butter

must be perfectly fresh and good, with no preservatives added.

What fish may be taken at breakfast by the chronic dyspeptic? Plaice, whiting, and sole are the fish for breakfast, and I have placed them in the order of their digestibility. They should be taken in the first instance boiled. All fish boiled is more easy of digestion than when fried, and frying must be reserved until digestion is in better order, when plaice fried may be tried one morning, and if with no untoward result, fried sole or whiting may be taken from time to time. Sauces of all kinds are forbidden. A simple butter sauce may be tried as the dyspepsia gets better; a little salt with the fish is at all times desirable and beneficial.

I have already had my say on the domestic egg.

Sweetbread and tripe are two articles of diet suitable for dyspeptics at breakfast. Sweetbread is the better of the two, and may be boiled or fried, but boiled is the manner of cooking to be most often used, as all foods boiled are more digestible than when fried, to once more rub in this important fact. Tripe may be given a trial, but it contains a considerable quantity of fat, so it should only be partaken sparingly.

It will be thus clear to the dyspeptic who is anxious to be cured that his breakfast dietary is limited; and, indeed, it should not only be

limited in variety, but also in quantity. If the stomach cannot digest food swallowed, it not only gives rise to pain and inconvenience to the sufferer, but if the food is not digested, it is not assimilated, and therefore useless, and not only useless, but worse than useless, as it causes pain and suffering.

A word or two on preserves and marmalade. To the dyspeptic all jams, preserves, and marmalade are absolutely forbidden, this rule to be only broken after obtaining permission from one of "The Faculty." Remember the seeds of strawberries, raspberries, gooseberries, currants, and of all other fruit are quite indigestible, likewise the skin of plums, cherries, and the stones! The seeds of fresh and in particular of dried figs, the peel of marmalade—any one of these is quite sufficient to set up an attack of acute indigestion in a weak stomach. At the same time it is well to remember that these self-same seeds, skins, pieces of peel, in cases of constipation with no acute dyspepsia, are very useful, as on account of their absolute indigestibility they irritate the coats of the bowel, which in self-defence expels these irritating bodies together with other residue; but the stomach must be strong enough to resist their importunities, and able to pass them on to the bowel without experiencing any ill effect, as evidenced by pain and discomfort. When jam is taken, you should commence with plum jam, from which the skin and stones have been removed, as being little

likely to upset the stomach. If marmalade, then only the juice and none of the peel. Honey is of course nearly all sugar, and sugar in that concentrated form must not be taken by the dyspeptic. A little sugar to sweeten tea or coffee is always permissible.

A baked apple is a favourite article of diet at breakfast with many, and with some it is easy of digestion and a slight laxative, but it must be taken with caution. Fruit, cooked or uncooked, is not easy of digestion, but whichever way it is eaten, great care must be taken to see that it is ripe, in season, and fresh. The old maxim, "Fruit in the morning is golden, but in the evening leaden," is true for all time, for there is no doubt whatever that when fruit is part of your daily dietary, the morning is the time when it should find its place—in the evening on the table for ornament, but not for use. For the individual then suffering pain and discomfort after meals, my advice is to eschew fruit, except perhaps a baked apple for breakfast; but as relief is obtained and convalescence is established, and after obtaining permission from your medical attendant, take fruit only at breakfast, and refer to Chapter IV., where information of the relative digestibility of various fruits is set out.

Passing from breakfast, we must discuss lunch; but before doing so, let us consider those invalids who from weakness of digestion are only able

to make a very small breakfast. It is quite evident that any one recovering from a serious illness, and whose digestion is in consequence very feeble, or, again, those whose digestion is so feeble from some disorder of the stomach or general weakness, a small breakfast only can be taken; it is quite evident, I say, to every one that their strength will not be maintained from 8.30 A.M. to 1.30 P.M., and thus will sit down to luncheon with impaired strength, inadequate to completely digest the meal. A prop is required between breakfast and luncheon, so that when lunch-time arrives their natural strength is not exhausted. This matter has been referred to in Chapter II., but it will be well to recapitulate here, and in greater detail. The amount of breakfast taken, the amount of work or fatigue undergone between breakfast and lunch, the personality of the individual, must all be considered before stating what should be taken at this ante-luncheon meal; as more breakfast is taken so much less will be required at 11, and it must be looked forward to as a great desideratum, to do without this ante-lunch meal as soon as possible, in order to give the stomach as much rest as possible between meals. The stomach benefits as much from rest, that is freedom from digestion, as any other part of the body. What time is this something to be taken, and of what shall it consist, is the question we have now to determine. Half-way between

*Eleven
a.m.*

the hour of breakfast and the hour of lunch is what common-sense dictates; if breakfast was at 8.30 and lunch is to be at 1.30, then 11 is the correct time to take this ante-lunch meal.

Eleven A.M., then, is the time, but what is the substance? A teacup of Benger's Food, with three fingers of toast, and two teaspoonfuls of best brandy added (Martell's Three Star), will do very well—a small cup of beef-tea, or mutton or chicken broth, with a pinch of salt, and a few squares of toast, taking care, whichever is taken, there is no fat floating on the surface. Savory & Moore's Pancreatic Emulsion is capital to take at this time. Plasmon is a useful form of nourishing food. A teaspoonful of Plasmon added to a little warm water, rubbed into a paste, add a little more water, place on the fire and boil, then add milk to make half-a-pint, or somewhat less—this forms a very useful, strengthening, restorative diet, and contains a quantity of nourishment in small bulk. As convalescence is established, all that will be required is a glass of coca wine, or a claret glass half full of port wine, matured in wood, and half water, or a small tumbler of equal parts of champagne and Vichy water, together with a couple of cracknel or Oswego biscuits. But do not forget, as soon as your general health and your digestion are strong enough to do without this little meal, by all means
Luncheon do so, and do not become its slave. As regards the hour it should be taken, 1 P.M. is a

good time, and 1.30 P.M. is the latest hour luncheon should be commenced when breakfast is taken from 8 to 8.30 A.M. Five hours will be sufficient time for breakfast to have been thoroughly digested, and a longer interval than that suggested would mean in most cases sitting down to luncheon over-fatigued, and what is generally understood as "past being hungry."

The length of time breakfast will require to complete digestion depends in part on the strength of the individual and in part on the substance breakfast has consisted of, but five hours between breakfast and luncheon will be ample time for any ordinary good breakfast, in a person in a fair state of health, to be completely digested, and afford the stomach some time for rest and recuperative power between the two meals. Those who require the little meal between breakfast and luncheon will not have taken much breakfast, and although their digestion will have taken longer than when in perfect health, the stomach will have time for rest on such a diet as has been sketched out, and luncheon should not be delayed longer than 1.30 P.M.

To those lucky people who live at home, that is to say do not rush off after breakfast to town or to the City, and can sit down as the clock strikes 1.30 to a comfortable lunch in a cool, airy room in the summer, and a nicely warmed one in winter, with a snowy white cloth and pretty floral decorations—all aids to appetite and digestion—I only

ask them to sit down in a condition of peace with all men and women—in perfect tranquillity of mind—as good temper and general tranquillity are of the greatest aid to digestion; and after all, even if the servants worry, or the clothes are not a perfect fit, or Freddy has the measles, or more serious and actual troubles are present or impending, even then I ask all of those who worry, all those who are of an anxious temperament—and I admit they number the majority, and are for the most part those who have the greatest brain power—to live up to these recommendations:—

(a) What is past is done with—it is absolutely done with. What is the good of worrying about that?

(b) What may happen—it may never happen. Life is uncertain; the world itself will not last for ever; there is many a slip between the cup and the lip. What is the good of worrying about something that may never happen?

(c) Live in the present, and enjoy what is provided. The past is done with, the future may never come: live in the present. But this is a little digression; those at home can take their lunch punctually and in comfort. There is however one exception, and that is “the doctor”; it is the shoe-maker’s boy who always goes the worst shod. Do

Tran-
quillity of
Mind and
Good
Temper

The Past,
the Future,
the Present

not call on the doctor at the usual meal-times and tell him you thought you would find him in, it being dinner-time. It is bad for him to be disturbed at his meals, and it is just as bad for you to be out and about at that time. The doctor who is at the beck and call of every one at all times, hardly ever has a meal in comfort or at the right time. Now, if you are a doctor's wife, and wish to keep your husband in good health and temper and not a martyr to dyspepsia, arrange and insist that he takes his meals regularly, and does not allow himself to be disturbed. Nobody requires more consideration than the "willing horse," and nobody obtains less.

Now for a word of advice to those who are compelled to take lunch away from their homes. Do not be in a hurry: nothing is well done that is done in a hurry. Eating and drinking that is done in a hurry is sooner or later storing up for the offender, indigestion; and, to those who do not know what indigestion is, take warning in time. Indigestion is a foul fiend, that eats into your life's happiness and utterly spoils it. To advise first those who take their lunch in town, make your luncheon hour 1 or 1.30 P.M., and stick to it; do not be put off your luncheon-hour by any business, any client—not even a lady client however fair, and however far between such visits may be. Just think how you would blow up your wife if the meal was

*Luncheon
in Town
or City*

a few minutes late at home; compel yourself to treat your stomach with respect, and feed at the same time within five minutes every day.

There are many who have an apology for a lunch and a basin of beef-tea sent into them in their office. If a good breakfast has been made, and the end of the day does not find such small feeders exhausted, I have no quarrel with them. But as life advances this, in most cases, will not be sufficiently nourishing, and a lightly-cooked chop with a little whisky or brandy and soda-water will be required. There are others who take no lunch—have not done so for the last twenty years. This may be all very well for a few robust men up to middle age; but, after that, they run the risk of giving themselves indigestion by such drastic spartan treatment; nay, not a few sudden deaths may be traced to such a cause—a too-long interval without stimulating the whole body, heart and stomach included, with nourishment. They are difficult people to deal with, because often from the very nature of the case they are men who lead solitary, sedentary, perhaps morose lives—few friends, no enemies; men of intellect and knowledge, who live apart from the social chit-chat and social intercourse, without any resource other than their library. They hate the bother of going out to lunch, do not know where to go, or what to take when they find a place; “Couldn’t the office boy

heat me a cup of beef-tea or cocoa, or cook me something?" they ask. Wouldn't he enjoy it? Does the "he" refer to the office boy, or the subject of the office boy's attention?

There are others who tell you they are too busy to go out, have no time for lunch; I have something when I have time, and sometimes a good champagne lunch! Fancy feeding your horse or cat only when you had time! There is also the absent-minded man who takes up to town, prepared by his womankind, a neat little packet of sandwiches and a flask of brandy-and-water; as often as not the anxious wife or daughter takes them out of the bag at night, and when remonstrated with, he will say, "I positively can't remember." He is like the man who writes post-cards to himself, reminding himself of something he should accomplish. These cases are hopeless, and when indigestion comes along to jog their memory, I try and have sympathy for them.

But to those men who won't or can't go out and take lunch, it is comparatively easy for them nowadays to get a respectable lunch, one easily digestible, in the office. These are days of beautifully prepared concentrated foods, and "Plasmon" is a good example—a powder containing all the nourishment found in beef or milk in a concentrated form. Some of this powder may be dissolved in water and milk, and taken in the office for lunch. Now

*Luncheon
in the
Office*

what could be easier than for a man at 1.30 P.M., himself, to dissolve one or two teaspoonfuls of this nourishing powder in milk or water, or milk and water, although he has to heat the milk or water?

Undoubtedly in the colder months of the year it is better if nourishment is taken warm, and there are so many little contrivances nowadays for heating milk or water, by means of spirits of wine, that there is no excuse why the nourishment should not be taken warm: a cup of beef-tea is so easily made from Bovril, an excellent preparation, and there are many others, that it would be quite easy to have a change each day of the week.

Monday—A glass of Plasmon milk with some biscuits.

Tuesday—A cup of Bovril and some bread, or an egg beaten up in some milk.

Wednesday—A glass of Plasmon milk with some biscuits.

Thursday—A cup of Plasmon cocoa or Bovril with biscuits.

Friday—A cup of Brand's Essence of Beef, or Liebig, with bread.

It would not be difficult to keep a tin of simple plain biscuits in the office, or even order a roll or small loaf to be sent in each day, so that for those who absolutely refuse to go out to lunch, there is no reason why they should not obtain a reasonable lunch, easily digested, in the office, and thus

escape the dangers of exhaustion, not only from the stomach in the way of indigestion, but also from the heart in the form of sudden failure. Such small luncheons are better than none at all, but unless there is a very good reason to the contrary, a more substantial lunch is necessary.

Now my advice to those who do go out to lunch: by all means do so, it is a break in the work, it is a rest, it also affords an opportunity for some fresh air, and for ventilating the office while it is not occupied, all of which things are good; you also go out for the express purpose of being able to carry on the afternoon work. The fuel you have taken into the system at breakfast is by this time used up; you require stoking again, if the work is to be carried on effectually. And when you go out to lunch, not only choose articles of diet that will be easily digested—and of that more hereafter—but choose a place to lunch in that will not, by the fact of its vitiated atmosphere, retard digestion. There are plenty of well-ventilated restaurants—many of them, it is true—underground, but trouble and science have been brought to bear on their construction, and attention has been paid to ventilation. Do not, I beseech you, slip (or shall I say bolt?) into those underground eating-houses, however clean and respectable they are, or however accustomed you may be to them, should such have no adequate ventilation. You sit on a stool at

*Luncheon
in the
Restaurant*

the bar, with your hat tipped to one side, and consume your food rapidly in an atmosphere reeking of the fumes of cooking, perspiration, and the noxious vapours from the gas and grill, to say nothing of tobacco; in such an atmosphere your blood becomes surcharged with carbonic acid gas, and many other poisonous toxic gases, and as a result, digestion is in abeyance until you have given the *chef* his id. and bolted up the stairs to fresh air. The consequence is, the food you have taken at lunch is not efficiently dealt with little by little as it arrives in the stomach, and has to be dealt with in bulk on your return to fresh air, greatly to the disadvantage of the stomach.

To those, then, who wish to maintain freedom from indigestion, to others who wish to aid their digestion and be free from pain-flatulence and all kinds of music which indigestion plays, at least lunch at the same time each day, in a restaurant which is at the worst fairly well ventilated; and take the meal not in sorrow, not yet in anger, but with as tranquil a temperament as possible, and let it consist of foods, having due regard for what immediately follows.

Of what shall the luncheon for the dyspeptic consist? If you lunch at your own home there is no difficulty in obtaining what you require; if you have to lunch in town there is really also not much difficulty in obtaining what is necessary.

Take the proprietor of the restaurant into your confidence, and concoct between you a menu for the week. Tell him the exact time you will be ready for the meal, and you yourself keep this appointment to the minute as you value your peace of mind and happiness, for while dyspepsia lasts there is no real comfort. Keep to the time; there will then be no excuse for the food being dry and tough by having been "kept hot."

*What to
Eat at
Luncheon*

Whether you lunch at home or at a restaurant, never take made-up dishes, hashes, curries, stews, potato-pie, etc.; when the stomach is quite healthy and strong all well and good, but not until that happy time arrives. Never take cold meats or cold chicken; cold food is not so easily digested as when hot.

In Chapter IV. I have given the relative digestibility of the various meats, fish, etc., and you will refer to that when sketching out your week's menu; but I do not think I can do better than suggest a menu for a dyspeptic, say for a fortnight:—

FIRST WEEK.

Sunday—Chicken.

Monday—Mutton.

Tuesday—Plaice, Trout, or Sole.

Wednesday—Beef or Chicken.

Thursday—Chicken or Game.

Friday—Whiting or Sole.

Saturday—Mutton.

SECOND WEEK.

Sunday—Chicken or Game.

Monday—Mutton.

Tuesday—Part of a small whole Turbot.
Whiting.

Wednesday—Beef, Mutton, or Chicken.

Thursday—Game or Rabbit.

Friday—Plaice or Sole.

Saturday—Chop.

This menu may be varied and altered, in consultation with the information contained in Chapter IV.

All food, whether meat, fish, or chicken, should—at all events, at the commencement of treatment—be boiled. This, I know, will be found rather trying, and as soon as digestion has improved the Monday mutton might be roasted, being rather underdone than overdone, and the chicken once in the same week might be also roasted. No bread sauce is to be taken with chicken or game, and the gravy must not be too rich, nor in too great a quantity. No sauces or relish of any kind to be taken.

You will notice I have given you two fish luncheons a week. Fish is more easily digested than

meat, and it is nourishing. With the fish a little plain melted butter may be taken, the less the better; salt may be always taken, and will be found not only of use as a necessary article of diet, which it certainly is, but it will also help the meal along. The fish is more digestible boiled, but may be fried now and again from time to time, as experience dictates, and the cook should be impressed with the necessity of drying the fish before it is sent to table, and by drying I mean the removal of all superfluous fat. As regards vegetables with luncheon, in the first stages of endeavouring to cure indigestion and maintain digestion, no vegetables should be taken at all; when the time comes, that is when digestion is better and more reliable, then take a little boiled floury potato and a little cauliflower or a Brussels sprout, but before doing so refer to Chapter IV. to the paragraph on vegetables. Toast or bread may be eaten during the meal.

As regards a second course for luncheon—in many cases no second course is necessary. It is as well for the dyspeptic as far as possible not to mix different classes of food at one meal. A few biscuits, with or without a very small amount of butter, may be always taken after luncheon. There are an endless variety of biscuits, and many makers: the Marie, Osborne, Petit-Beurre, and Pearl biscuits of Messrs. Huntley & Palmer, the Digestive biscuit of MacVittie & Price, and the

Plasmon Company's biscuits, are the best and most suitable.

On the fish-luncheon days, a small quantity of any of the usual milk puddings, rice (soft and well boiled), sago or tapioca, custard, jelly or blanc-mange, may be taken; and as digestion improves, on the other luncheon days as well. However, until digestion is quite well, and has remained so for some time, no other pudding may be taken. At all times beware of pastry and currants.

No kind of fruit should be taken for lunch, and no cheese, as although cheese contains a very large quantity of nourishment, and is also cheap, it is in any form difficult of digestion, and not to be taken at any time of the day until digestion is perfectly sound.

I will conclude my advice on what to eat at luncheon by reminding those who are in the habit of going to those shops, of which there are now so many, popularly known as "bun shops," that all these scones, cakes, and bread are bulky food, and are not by themselves, nor yet with butter, complete foods. They supply plenty of carbon, but very little nitrogen, and you must have both; to get the amount of nitrogen you require for luncheon from these articles of diet would mean you would have to eat a very considerable amount, and thus obtain too much carbon. A daily lunch made off the carbohydrates (scones, bread, cake,

and other similar foods of the bun shops) is a great trial on what is known as salivary digestion, and from the bulk of food and its liability to fermentation is a great strain on the stomach. Such a luncheon now and again does no harm to those in health; such a luncheon every day, even for those possessing strong digestions, is courting disaster, and is to be altogether avoided by the dyspeptic.

What beverage may I take with luncheon?

Tea and coffee may not be taken, and what beverage is taken should not exceed a quarter of a pint (half a tumbler),

*What to
Drink at
Luncheon*

and the less the better. In perfect health, eat, drink, and be merry, but dyspeptics must remember what has been previously said about anticipating thirst, and if the half a tumbler or less taken during luncheon is not sufficient to quench thirst, or to be able to eat the meal, then you must dodge your thirst by anticipating it. Take, twenty minutes or half-an-hour before luncheon, half a tumbler of pure water, "Cooper's Globenaris" if you like, or soda, potash, seltzer water. One of the natural alkaline springs will answer the purpose excellently well—Rosbach, Vichy, Ems, Kronthal, Apollinaris, Malvern Seltzer, or Johannis. It may be necessary to add a little spirit, either brandy or whisky, to this ante-luncheon drink, but only when you feel exhausted and over-tired, and then only one tablespoonful to a half-glass of water; but no wine of any kind should be taken before luncheon. On

the days you are taking a fish-luncheon, this little beverage when taken before luncheon, may with advantage consist of half milk and half of any of the above alkaline spring waters. I may here make this general remark as to effervescing beverages: stir the water in the glass with a spoon, and allow some of the effervescence to pass off.

Of what shall the half-a-glass consist that is to be taken during luncheon? If a wine is taken it should be a white rather than a red wine, and in either case be diluted with one of the alkaline table waters. For dyspeptics whisky or brandy is better than any wine. It should be always taken well diluted with some alkaline water, and never stronger than one or two tablespoonfuls to the half or two-thirds of a tumbler of water. For a few, the beverage may consist of a light beer, but will not be found to agree with the majority. No other malt liquors of any kind to be taken. Many will find they can get along best with warm or cold plain water, Vichy, Apollinaris, Kronthal, or Rosbach.

Afternoon tea was considered in the main in Chapter II., and I will only refer to it again to impress on you the necessity of not taking this meal if it is not really required. If dinner is at a late hour, and luncheon was at 1.30, it is much more likely to be required than if dinner is at 7. Moreover, the little meal will not be required every day; there

will be days when you require it, and others when you can leave it alone. Some days you have been unable to make a good luncheon, or you may have been exceptionally busy since lunch, or dinner may be fixed for an unusually late hour, although of course this last should never occur. If by any chance you have never tried to do without the meal, of course you are unaware if you really require it or not. But when you do take afternoon tea, see to it that the tea has not been stewing for goodness knows how long. There are many infusers sold, and the Bella-Wattee Company make an excellent teapot to guard against tea standing on the leaves. If you have no infuser, you may, when the tea is made, after boiling water has been on the leaves three minutes, pour out the tea into the cups as required; and then to replenish, instead of pouring hot water into the teapot, you can always pour what remains of the tea in the teapot into the hot-water jug, and thus you will not have tea standing on the leaves, and are able to serve the remainder of the tea from the hot-water jug. If there are indications pointing to the desirability of using saccharine or saxon in the place of sugar, there is no reason why this should not be done. Coffee suits nervous people better than tea; and it is a curious fact that although coffee will sometimes upset digestion when taken at breakfast, when taken later in the day it agrees well. If you require something with your tea, take a small piece of bread, or toast, and

butter; never hot toast, nor crumpet, muffin, or cake of any variety.

Seven is a good hour to dine; 7.30 will do, but 8 is too late for the dyspeptic. If you have required it, you have taken afternoon tea, you have had a little rest (*Dinner* and by rest is meant repose in a chair but not sleep), you have dressed and had a refreshing wash, and come down to dinner with a tranquil mind so necessary to good digestion. As at luncheon so at dinner, you will not be allowed more than half a tumbler of beverage. If by previous experience you have not found this allowance sufficient, you will have been careful some twenty minutes before dinner to anticipate your thirst in a similar manner to that advised at luncheon. Of course, in winter it is much easier to take a small amount of beverage than it is in the summer. If you are one of those individuals that mostly always drink before you can eat, then you must drink twenty minutes before, and not immediately preceding lunch and dinner. There should be flowers on the dinner-table, taking care they are not flowers with a pungent scent; the cloth is, of course, beautifully clean, the silver is bright, and everything looks comfortable and appetising. In winter the room must be nice and warm, and in summer comfortably cool; and if a room that has been used during the day, the servant must see to its being ventilated during the half-hour before dinner.

Use as little gas as possible: a lamp nicely shaded is often better, and electric light suitably shaded best of all. If you have a poor circulation, and indeed whether you have or not, take care not to sit in a draught; see that the door is closed, and always have a footstool on which to place your feet, to prevent them being chilled by the draught that exists under every door. Do not sit with your back to the fire, or if you do, have a screen so placed as to guard the back and nape of the neck from the direct rays of heat: all these are small points, but useful to assist digestion.

Of what shall dinner consist? May I commence with soup, and if so, which soups may I take, and which avoid? For those *What to eat*
 who suffer from indigestion it is best *at Dinner:*
 not to take soup at dinner—the diges- *Soup*
 tion and absorption is slow, and soup
 only forms a small pond in which other articles of diet that make up dinner, swim, swell, and take up a large amount of room, with the result that the stomach has difficulty in grasping, churning, and digesting the dinner. Moreover, soups dilute the gastric juice, and many of them are themselves difficult of digestion; too often many contain a large quantity of fat, and when this is the case, the little orifices of the gastric glands are apt to get blocked, or coated with minute particles of fat, with a result that gastric juice is not secreted in an efficient quantity. If soup is not taken and solid

food arrives in an empty stomach, the walls of the stomach grasp the food firmly and churn and digest it; moreover, the lining of the stomach, being clean, not covered with a semi-solid farinaceous soup, nor yet with a soup of the fatty or glutinous variety, is stimulated by the solid food to secrete gastric juice actively. If your digestion is perfect, and you desire to conform to the usual custom of society and commence your dinner with soup, by all means do so: some people find it stimulates their appetite, and in this way it would be useful. For the most part a clear soup is more easy of digestion than a thick one.

For those dyspeptics who have found relief by dieting themselves, and desire to return to the practice of taking soup at dinner,—there is no objection to suitable soups being taken at 11 A.M., with a little bread or toast, but not at the commencement of a large meal, at least not for a dyspeptic,—the following suggestions will be useful. Beef-tea properly made and free from fat is always useful and good. Julienne soup is harmless: care must be taken that too much onion is not used in this or any other soup; onion hinders and is difficult of digestion, and there should never be the least suspicion of garlic. The vegetables contained in Julienne soup will, of course, not be eaten. Sago, rice, tapioca, and vermicelli soups are all simple and not likely to disturb digestion. Turtle and ox-tail soups are very nourishing, but

together with all kinds of pea soups are not to be taken unless perfect digestion can be relied on. Mulligatawny soup will not be taken by any one who is at all doubtful of his digestion: the curry will irritate the stomach and cause pain; digestion will be disturbed. In advanced years, when indigestion gives rise to symptoms which do not include pain, the coats of the stomach by this time being less sensitive, mulligatawny soup may be tried, and, when able to be taken, may stimulate appetite. I might perhaps have mentioned, previous to discussing soups *hors d'œuvre*, they must not in any of their many seductive forms be taken by the dyspeptic. It is the dinner for the dyspeptic to which we again return for consideration.

Fish is nourishing, and, speaking broadly, easily digested, and may be taken provided attention is paid to the kind of fish, season of the year, and method of cooking, on all of which points I refer you to Chapter

Fish

IV. It is as well to always take a little salt with fish. If it can be managed, sauces should be dispensed with; but if any is taken, it should be a little melted-butter sauce of the variety known in cookery books as "more economical": there should be a little butter, and thickened according to taste with flour. As digestion improves a little anchovy sauce may be tried, or as a change, egg sauce or parsley-and-butter sauce. Shrimp sauce, oyster sauce, lobster sauce, or sauce tartare are only to

be attempted when complete convalescence is firmly established. Cold fish must always be avoided, pickled salmon or mackerel is at any meal strictly forbidden, and a salmon mayonnaise is sudden death to a dyspeptic. All tinned goods are strictly forbidden, and I should not have thought of mentioning tinned fish, had it not been for that little favourite fish known as sardine, which is so often served as a *hors d'œuvre*. Sardines must never be taken.

Poultry and game are more digestible than butcher's meat, the breast and wing more digestible than the leg, the hen bird rather than the cock. I must refer you to Chapter IV. for the relative digestibility of poultry and the various kinds of game, and bearing these facts in mind, poultry and game may be taken, choosing those from the list which are the most digestible. If poultry or game is taken at dinner, no butcher's meat will be required.

It is a good old Berkshire custom, and may be followed by the dyspeptic, to take a glass of port wine with game; but place the contents of the port-wine glass into a claret glass, and fill it up with water.

When taking poultry or game you cannot be too careful of the rich gravies, various sauces and seasonings, all of which are so tempting, but must be strictly passed until convalescence is

well established. Curried chicken, hashed hare, and the remains of poultry or game dished up a second time, however appetisingly cooked, must be avoided.

If game or poultry is not taken at dinner, then some butcher's meat will be required. The flesh of those animals that feed on grass *Meat* is consumed by the civilised world under the ordinary conditions of life, and these therefore only concern us.

The flesh of the same breed of animal varies considerably, whether it is old, matured, or young, and also according to the food it has eaten, and whether or no the natural food has been supplemented by oil-cake, etc. All meat should be tender, not underdone, and, at the same time, not too well done; it should not be too fat. The flesh of the old animal is tough and indigestible, and that of the young is not so digestible as that of the more matured. Boiled meat is a great deal more digestible than roast meat, and mutton is more digestible than beef. Cooking food by the process of boiling renders it much more digestible than when it is roasted. Refer to Chapter IV. and note the relative digestibility of meats; but never take pork, liver, heart, kidneys, or sheep's tongue. Choose your meat from mutton, beef sweetbread, lamb, veal, calf's head, and tripe. Do not take pressed beef, cured tongue, or salted meats. The dyspeptic may take a cut from the

joint, or he may take cutlet, steak, or chop. He must never take cold meat, or meat that is heated up a second time.

All onion, mint, and other sauces must be passed until such time as his physician gives him leave, and the apparently harmless red-currant jelly is a terrible foe to some. Mustard and salt taken with meat in moderate quantities helps digestion. Vinegar must be avoided, and all the manifold patent sauces—many of them so popular—are drags to digestion, and often cause acute pain and irritation.

What vegetables should be taken with the poultry, game, or meat? If the dyspepsia is severe, no vegetable should be taken, *Vegetables at Dinner* its place being substituted by a little bread or toast; but as digestion improves, a little boiled potato that has been passed through the potato-sieve may be taken; a little later some cauliflower, or sea-kale, or cooked celery. By referring to Chapter IV., under the head of vegetables, will be found all particulars as regards the digestibleness of the various vegetables, those which may be taken, and those which should be left alone; thus improvement in digestion should be maintained, and no relapse from an indiscretion, from want of knowledge, be possible with Chapter IV. to refer to.

What is the dyspeptic to take after his meat course? What about sweets? Such a question

will not, of course, arise to those who are suffering from an acute attack: these will be on a strict diet laid down by the physician; but for that large class, chronic dys-*Sweets*peptics, the question of sweets or no sweets must now be considered. Sweet puddings generally, and pastry in particular, are, or should be to the dyspeptic what a red rag is to a bull, and must one and all be avoided, until the stomach is once more clean and healthy.

After the meat course, one or two plain Oswego biscuits, or some other form of biscuit, provided it is not a sweet one, may not only be taken, but may be taken with advantage; or for the biscuit a piece of toast or well-cooked firm bread may be substituted: either should be well masticated and slowly swallowed. As soon as the stomach is slightly stronger, a little jelly or blanc-mange may be taken; and again, later, when the digestion is strong enough to tackle at one and the same time not only nitrogenous food (fish and meat) but also carbohydrates (puddings), a milk pudding, made with rice, sago, tapioca, thoroughly well boiled, may be tried. Milk puddings are of themselves, when well cooked, easy of digestion, and it is only when taken at the end of a meal that caution has to be exercised. Later still, a light bread-and-butter pudding or baked custard, but without currants or sultanas, may be taken: currants and sultanas are very difficult to digest. When con-

valescence has been established, and no symptoms have been felt for say two months, a baked castle pudding, a little caramel pudding, and again, last of all, a trifle of fruit tart, or a jam tartlet, the pastry being made very light and having little butter used in its preparation. It is a good plan, one or two nights a week, not to take any form of sweet whatsoever, only a biscuit or piece of bread. Puddings, in the ordinary sense of the word, I have not mentioned; they are too gross, too heavy, too "filling," and are not for the dyspeptic. Plum-duff, roly-poly, marmalade, ginger, canary puddings, the glory of our youth home for the holidays—do you remember? Not now! If in perfect health, and at midday, laying in store of fuel for bicycling, shooting, football, tennis, golfing, croquet. Who will say nay? Not I.

Cheese is not to be taken at the end of the meal; it is not taken for the sake of its nourishment, but as a sort of pleasant aftermath of a good dinner; it is not required, and is difficult of digestion. Rich cheeses, especially if ripe and mouldy, such as Stilton and Gorgonzola, are especially to be avoided. True, bread and cheese with an onion form an ideal diet, and contain all the requisites of a perfect food, and is a common meal with the labourer in health, but not for the citizen or the countryman with a sore stomach.

Ices are sometimes served during, or at the end of a meal. Is it reasonable to give your stomach a sudden cold bath in the middle of a warm one? No; do not take ices. No extremes: anything very hot or very cold retards digestion. *Ices*

Coffee also, with or without milk, must not be taken after dinner; it not only retards digestion and gives rise to indigestion, but is often a cause of insomnia. *Coffee*

A liqueur after dinner is not necessary, and in most cases not desirable; if, however, no wine or spirit has been taken at dinner, and a little stimulating carminative is wanted, one glass, half water and half Benedictine, Kümmel, Crème de Menthe, or Sloe Gin, may be taken, and must be followed by a liqueur glass of soda-water; but the strong liqueurs—Green and Yellow Chartreuse, Grand Marnier, Cordon Rouge, etc., must always be avoided. *Liqueur*

In concluding this chapter on dinner, I will beg of you not to hurry over the meal; take at least a little interval between each course; let the fish become intimately mixed with the gastric juice before thrusting meat and vegetables into the stomach. Think of the combination if you mixed in a bucket all you took at dinner! Does the same state of affairs exist in the stomach? Certainly not, if you masticate slowly and give the stomach time between each course to *Eat slowly*

convert such course into chyme, before the next is received. This is what the stomach should do and what it will do, if you will not permit yourself to gobble like a savage, nor permit your servant to snatch your plate directly the last mouthful is swallowed, sweep off the dish, and slide on the next course before you have had time perhaps to finish what you have in your mouth. Always insist on your servant clearing one course, and have it removed from the room, before the next is brought from the kitchen.

As regards dessert, if on the table, it has been pretty to look at, and is useful in that way; but no

Dessert fruit must be taken after dinner by the dyspeptic. For those who have suffered from indigestion but are now well and desire to remain so, fruit should not be taken after the evening meal; but if it must be taken, then it should be strictly limited to a few grapes or an apricot, half a peach or nectarine, a quarter of an orange, a tangerine or mangerine occasionally; and if one must have a piece of apple, only eat the loose-textured Canadian, of which the best are the Fameuses of Quebec and the Gravensteins from Nova Scotia.

At dinner, as at luncheon, the amount of beverage taken must be strictly limited, the less taken the better, and should never exceed half a tumbler, this amount being taken in sips from time to time, and the greater part as near the end of

the meal as possible. As at luncheon, so at dinner; if this amount of food is insufficient to quench thirst, or with which to finish the meal, you must anticipate your thirst by drinking twenty minutes before dinner a quarter or half a tumbler of some beverage. Plain water, soda water, any of the alkaline table waters, as Vichy or Rosbach, for example, will answer the purpose.

*What to
drink at
Dinner*

Is it desirable to add any stimulant to this ante-dinner drink? It may be necessary, if from one cause or another you are exhausted, in order to get yourself into a fit condition to digest dinner; but be quite convinced before adding the stimulant that it is really necessary, never taking it stronger than one tablespoonful of whisky or brandy in a quarter or half a tumbler of soda, or one of the alkaline table waters. If a stimulant is necessary at this time, it is one or the other spirits that is required, and never wine of any description. Never take a sherry and bitters, absinthe, or anything in that direction before dinner. I know they are taken by many, "something to give you an appetite." If that is necessary, get a prescription from your physician, and take a dose when required.

For young people under twenty years of age it is never necessary, unless suffering from disease of the heart or some constitutional disorder, to take wine at dinner; it should only then be taken under the physician's advice. How often is it the

case that young girls, because they are pale and anæmic, are given claret, and often a very inferior claret (some wine-merchants seem to think any kind of red wine will do for dinner claret), with an idea of improving their blood? The idea is an erroneous one, and these young girls' digestion, already weak because of their bloodless condition, is rendered ten times worse by the claret. Plain water, or one of the numerous sparkling alkaline spring waters, as Johannis, Kronthal, Apollinaris, Rosbach, Vichy, Malvern Seltzer, or the ordinary potash, soda, or seltzer water, should be taken. Warm water suits many better than anything else. As it is not necessary to take wine, so it is neither necessary nor desirable to take ginger beer, lemonade, ginger ale, or any decoction of that nature; and be particularly careful to avoid home-brewed wines.

Never take milk or tea or coffee with dinner. For the most part, wine or spirit is necessary to be taken by the dyspeptic during dinner, but this point must be decided by a physician. That wine and spirit taken with dinner in suitable quality and quantity does aid digestion there is no doubt; but also that an excess or too strong a wine or spirit does retard digestion is equally true.

The particular properties of the various wines and spirits are thoroughly dealt with in Chapter VI. on beverages. Speaking generally, there is no doubt that spirit, in preference to any wine, is more suitable for a dyspeptic. Whether it should be brandy

or whisky does not matter; however, whisky is more likely to be obtained pure than brandy. The spirit must not be taken stronger than one or two tablespoonfuls to five or eight ounces of water—that is, to half or three-quarters of a tumbler, and should be mixed with soda water, Vichy, Apollinaris, or one of the other alkaline waters. If a wine is taken, and it may be taken as digestion improves, a white wine is almost invariably better for the dyspeptic than a red; but in either case the wine should be well diluted with an alkaline table water. Sherry must never be taken. If port is thought necessary, then a port wine that has been matured in wood and had careful attention should be alone taken. A sweet fruity port must never be taken. Champagne is found to agree with some dyspeptics, but it must be good dry champagne, not sweet, and always taken mixed with an equal quantity of an alkaline table water.

I cannot conclude this chapter without a few special remarks to those who take their dinner in the middle of the day. For people advanced in years, a good breakfast and a good middle-day meal is the very best routine to follow; they will retire early to bed, and nothing that requires a prolonged period to digest should be taken some hours before bedtime. For really old people, a good breakfast, a good midday meal, a little tea at 5 P.M., and a little brandy and water with a

*Dinner at
Midday*

biscuit or small piece of cake about eight, retiring to bed at nine, will prolong and render comfortable extreme old age. There are, moreover, a great number of people who, for one reason or another, dine at midday all their life long. To these, I can of course offer the same advice as to what should be taken and what to avoid, to aid and maintain digestion, as to those who dine in the evening. What not to drink, what to drink, and how to drink it; how to dodge and anticipate thirst, the necessity of some rest before and after meals, of a tranquil mind, etc., all of which has been thoroughly gone into, applies equally well whether you dine at 1.30 or 7.30. But what does occur to me which is especially applicable to those who dine at midday, is, do not put off dining too late. The earlier you have breakfast the earlier you require dinner, and dinner should never be later than 2 P.M., and if breakfast has been between 8 or 8.30 A.M., dinner should be at 1.30. You must remember that although you have spent a good night, slept it right through, there has been some wear and tear and consequent loss of strength, certain natural chemical changes have been taking place, combustion has been proceeding, and a good deal of breakfast is absorbed in making up for this loss of fuel which has been consumed during the night. If dinner is at too long an interval after breakfast, you will become exhausted and unable to digest the meal when it

is set before you. Somehow or other for those who dine at midday, puddings, and plenty of them, seem a curious necessity. Dyspeptics who dine at midday must be very careful about puddings: they must read carefully what I have written on the subject in some of the preceding pages.

Those who dine at midday must be careful not to eat too much at the meal, or they will throw a great strain on their digestive organs in addition to a risk of causing dilatation of the stomach with its disagreeable consequences. Have nothing to do with such a phrase—"I do not dine late, so must make a good meal now." People who dine at 1.30 or 2, should certainly take some tea at 5 or 5.30, and some supper at 8 or 8.30; but do not let this self-same supper be a heavy dinner: a little meat certainly, and a little light milk pudding, and a few biscuits and butter. The matter lies in a nutshell: the midday lunch has its place taken by the evening supper, the evening dinner is taken at or before 2 P.M.—viz., the early afternoon. Everything that has been said about luncheon at midday applies equally well to supper in the evening; what has been said about dinner at 7 or 8 P.M., applies equally well to dinner at 1.30 or 2 P.M., but puddings—oh, those glorious puddings!—fruit puddings, marmalade puddings, canary, plum-duff, and such like, are all permissible to those who dine in the afternoon, and are in good health.

CHAPTER VI.

Beverages — Milk — Alcohol — Proof spirit — Brandy — Whisky — Rum — Gin — Wines — Red wine — Tannin in wine—Sugar in wine—White wine—Acid in wines—What stimulant for dyspepsia—Beer—Water—Tobacco—Excessive smoking—The morning pipe—No smoking immediately before or after meals—Cigarette—Cigar—Pipe.

TEA, coffee, cocoa, and chocolate having already been dealt with, I cannot, I think, do better than *Beverages* commence this chapter with what I have to say about milk. I will then proceed to discuss the various points in spirits, and wines red and white, still and sparkling, which have a bearing on digestion, and conclude with the various table aerated waters, and plain water itself.

Milk is a complete food ; true it is a liquid, but it is nevertheless as much a food as beef or mutton. Does not one live on milk *Milk* alone for the first six to nine months of one's life? Milk is more of a food than beef or mutton, inasmuch as beef or mutton is not a complete food—that is to say, does not contain all the essentials to healthy life, whereas milk

contains all the essentials to sustain and maintain healthy life. I wish somewhat to emphasise this fact that milk is a complete food, and to point out, firstly, its extreme usefulness and easy digestibility; and, secondly, because it is a complete food, it is not suitable to take as a beverage at any meal. The beverage taken at meal-time is taken for the purpose of relieving thirst, of aiding digestion and absorption, and milk should not be taken at least at a meal when food is taken in any quantity, throwing as it does a considerable extra strain on the powers of digestion.

You will, then, never take milk at dinner or luncheon, but milk diluted with an equal quantity of hot or cold water, seltzer water, soda water, Vichy or Apollinaris water, taken as a substitute for tea or coffee at breakfast or the ante-breakfast meal, or at tea, is an excellent beverage, not only acting as an ordinary fluid, but also as a food helping to sustain and maintain the strength of the body. Milk is of course the food and drink *par excellence* for the sufferer from any acute fever or disease; but here a word of warning: bear in mind that milk is a complete food—it is a concentrated food—and in your anxiety to feed your friend or relative and maintain the strength, do not forget that milk curdles in the stomach and a solid mass is formed. Three to four pints of milk during the twenty-four hours should not be exceeded, even when no other food is taken. Of

course the physician in charge of a severe case will give explicit details as to quantity as well as quality of food to be given ; but some people, in their anxiety to do good, think they know more than the physician, and ram quantities of milk down the sufferer's throat until he is made to vomit, and more harm than good is done ; active digestion being more or less in abeyance during febrile condition. The late Sir William Jenner pointed out in the *Lancet* that a pint of milk contains as much animal-matter as a full-sized mutton chop.

Although milk is easily digested by many, it is not so with all. "I cannot take milk, it does not agree with me," they say, and as often add "it curdles in my stomach and causes me to vomit." Now it is perfectly true all milk curdles in the stomach of every one ; how can you assist those whose stomachs resist this curdled milk, and thus permit them to take this very nourishing and easily absorbed food ? By nothing more difficult than by diluting the milk with an equal portion of water or Vichy, or any one of the many alkaline table waters : that is the whole secret of curing those who say they cannot take milk ; or if you prefer it you may give the milk as whey, boiling a pint of milk with two teaspoonfuls of lemon-juice, breaking up the curd with a fork, and passing it through a sieve. Whey will be found to agree with the most delicate stomach, and made in the way I have indicated above it is a very nourishing drink, although, of

course, when passing the whey through the sieve, you remove some of the nourishment with the "cause" of the milk not agreeing with the stomach, and more whey will be required to be taken in twenty-four hours than milk to obtain the same amount of benefit.

So much for milk: we will turn our attention to wines, spirits, and beer. All wines and spirits contain alcohol in a greater or less proportion, the greater the amount of alcohol the stronger, and *per se* the less easily digested. The particular flavour of the various kinds of spirits is due in part to the substance from which the particular spirit is distilled, and in part to a substance added after distillation for the purpose of imparting a flavour: the addition of juniper to gin is a good example. The very dark brandies are produced in many cases by the addition of caramel for that purpose. In the case of wines, the particular flavour is due to the nature of the grape, the soil in which the vine grows, the climate, and the manner of treating the grape juice, each particular flavour constituting the special variety of wine.

Alcohol, that is absolute alcohol—ethylic alcohol—contains not more than one per cent. of water. Pure rectified spirit contains ten per cent. of water. Proof spirit contains forty-nine per cent. of alcohol and fifty-one per cent. by weight of water. Spirits which contain

Alcohol

Proof

Spirit

more or less per cent. of alcohol than proof spirit are spoken of as being above or below proof. The law has determined how much below proof as a minimum whisky, brandy, rum, and gin may be sold as whisky, brandy, rum, and gin; but these spirits are frequently sold below the minimum, and the law successfully evaded by declaring the fact in the shop, and marking it on the bottle. This is not an unmixed evil: the cause of temperance to a certain extent is supported, and the stomach and liver relieved. The legal minimum in the case of brandy is twenty-five degrees under proof, whisky twenty-five degrees under proof, gin thirty-five degrees, and rum twenty-five degrees

<i>Brandy,</i>	under proof. Brandy contains rather
<i>Whisky,</i>	more alcohol than whisky, rum and
<i>Rum,</i>	whisky rather more than gin, but spirits
<i>Gin</i>	generally vary considerably in strength.

Good French brandy distilled from French wine contains about forty-eight to fifty-six per cent. of alcohol, rum and whisky about forty or less to fifty per cent., and gin forty or less to proof.

That spirits or wine taken reasonably, and with thought and care, does aid digestion there can be no reasonable doubt. That those who are accustomed to take spirits can take stronger doses than those who are not so accustomed goes without saying, as also that strong spirits or wines taken on an empty stomach, where there is no food in the stomach to further dilute the spirit, injures the coats

of the stomach and destroys digestion. A bibulous epicure once told me, it was not drinking that kills any one, it is learning to drink. Whether spirits should be taken hot or cold must be decided by individual peculiarity, season of the year, condition of the stomach, and advice of the doctor. One or two table-spoonfuls of spirit, freely diluted, is all that is requisite for the sake of digestion to be taken at a time: more than that quantity will retard digestion; and to those unaccustomed to stimulants likely to have other injurious effects, for example, a feeling of faintness. When using the word spirit in what I have just written, I mean to include brandy, whisky, rum, and gin. Gin is a very wholesome spirit, and some people find they can take gin when whisky or brandy disturbs their digestion: this is not at all unlikely; we are not all alike, and it may be some of the constituents of brandy or whisky are prejudicial to them. It is always worth while to try gin if brandy or whisky is thought to disagree, and the doctor has ordered a stimulant with meals.

As regards the amount of alcohol in wines, port, sherry, madeira, marsala, contain, according to their producer, from fourteen to twenty-
two per cent. of alcohol. Sherry, as a *Wines*
rule, contains rather more alcohol than port, marsala than madeira, and port more than marsala. Champagne contains from ten to thirteen per cent. of alcohol, hocks and burgundies about eleven per

cent., clarets eight to nine per cent., and chablis from seven to eight.

The red wines contain tannin. New ports contain tannin in considerable quantity; in matured

Red Wines; ports the tannin, to a great extent, is entangled in the meshes, and forms part of the crust, hence the necessity
Tannin in Wines for careful decantation. That tannin in any quantity retards digestion there

can be no doubt, nor that it is an astringent to the stomach and bowel. Tannin is, however, a good tonic, and its prejudicial effect on digestion is got over by diluting clarets and burgundies with soda water, Vichy water, or one of the alkaline table waters. The dyspeptic will not, as a rule, be ordered port, but when it is, port only that has matured in wood must be taken.

Sugar, which so disturbs many people's digestion, is found in considerable quantity in all effervescing

Sugar in Wines wines, in fruity ports of the Malaga type, and is also present a slight quantity in marsala, madeira, and in sherry. There is a very small amount of sugar in hocks and moselle. In burgundy and claret there is practically none.

Australian Wines Australia produces some good wine, but the dyspeptic must never take any ferruginous wine.

Of the Hungarian wines, Carlowitz and Ofner Auslese are the most popular and the best.

The California wines ("Big Tree Brand") include some good clarets and burgundies.

The acid wines are the white wines, and for the most part contain very little tannin or sugar, but an appreciable quantity of acid.

White wines differ from red in being made from white grapes, and the juice fermented without the skins, stones, and stalks, as well as the grapes being grown in a different region. White wines suit dyspeptics for the most part better than red, but as in the case of red wines they should be always taken diluted with an alkaline table water. White wines, hocks and moselles, are those most in use, but Australia, Hungary, and California produce good white wine. Barsac and Grave of France, and Chablis from the Burgundy district, are all good, and may be tried for a change. For the dyspeptic, however, all white wine, as in the case of red, should be taken well diluted with an alkaline table water.

*White
Wines;
Acid in
Wines*

There is no doubt that for the dyspeptic the best stimulant to take is either whisky, brandy, or gin, and in the strength of one table-spoonful of spirit to half a tumbler of water. That amount and strength will be found to assist and not retard digestion. As time goes on, and a change is desired, or in the case of young girls, one of the white wines well diluted should be

*What
Stimulant
for Dys-
pepsia?*

taken. Still later, when digestion is more firmly established, a red wine may be tried. Champagne, when taken by the dyspeptic, must be good and dry, and diluted with Apollinaris—equal parts. Sparkling wines are found sometimes to interfere with digestion less than still ones.

Beer contains about five per cent. of alcohol. Beer is obtained in great varieties of strength, but for the most part old ales are
Beer strong ales, the amount of alcohol increasing with age. The dyspeptic must be very careful in taking beer. It should only be tried when convalescence is established, and a fair quantity of exercise is being taken in the open air. When beer is taken, try first a light laager beer, and at all times be careful the beer is thoroughly good and is not "off," or even a suspicion of it. A dyspeptic should never take cider, perry, lemonade, lime juice, or ginger ale.

If a stimulant is not required, there is nothing better than plain water taken in small quantities, as all liquids at meals must be taken ;
Water it never retards digestion, and is altogether wholesome. The more important alkaline table waters are Rosbach, Vichy, Apollinaris, Johannis, Kronthal, Malvern Seltzer.

Which of the alkaline spring waters is the best? There is very little to choose between them. The ordinary soda, potash, or seltzer waters are nearly

as good, and you can imitate Vichy water by adding twenty grains of bicarbonate of soda to a tumbler of water. In fact, you can imitate any of the continental springs, and a course of such water carried out at home under the direction of a physician, and with good faith and obedience on the part of the patient, will often give as much benefit as a trip to the spa itself.

Tobacco,¹ the most extensively used luxury in the world—from the King's Tobacco Pipe, in which all contraband tobacco is consumed, to the little gutter-urchin who *Smoking* picks up the cigar- or cigarette-ends from the gutter, and smokes with great delight—tobacco has been used in England since the fifteenth century, and its consumption increases every year, which is at least a tribute to its popularity with all classes and both sexes, in spite of the fact that when first introduced into England the practice of smoking was universally condemned, and in Turkey was made a capital offence. What influence has tobacco on digestion? Tobacco does not suit some people, and very properly they do not indulge in the habit. A habit which induces a feeling of sickness and other disagreeable sensations is apt to be described as pernicious or disgusting, or both, according to the temperament

¹ "He who doth not smoke hath either known no great grief, or refuseth himself the greatest consolation."—Lytton's *What will he do with it?*

of the sufferer. I am not dealing with extreme cases. The individual who smokes all day long, *Excessive Smoking* who converts himself into a slow-combustion stove, will do as he likes, so will the inebriate, the opium-eater, and the mad speculator. They will all suffer. Such weak-minded persons will certainly not take the trouble to read this book; or, if they looked into it, would abstract a paragraph without any reference to the context—mind you, a paragraph that suited them—imagine themselves virtuous martyrs by riding the paragraph to death, and blame the book, but it will have served their purpose. They are not living as they like. They are following the advice contained in *Indigestion: its Prevention and Cure*, and will blame the author; somebody whom they can interpret as giving them an excuse to practically follow their own ways, and at the same time have some semblance of an excuse for their conduct, is what they require.

One often hears that the morning pipe is the sweetest. There are many sweet things. Some of us have a sweet tooth. But for the *Morning Pipe* dyspeptic there must be many things denied. There must be no morning pipe. A moderate indulgence in smoking does no harm to digestion, provided it is not indulged in immediately before or immediately after a meal; but an excess of smoking, especially

of strong tobacco, will most certainly seriously disturb digestion. It will also cause palpitation of the heart, nervousness, and even blindness.

It is well known that cigarette smoking is more harmful than smoking from a pipe, that a cigar has a more potent effect on the stomach and heart than a pipe, that all tobaccos are not the same strength, that American cigarettes are much less harmful than Egyptian or Turkish, that smoking out-of-doors is less harmful than indoors.

*No
Smoking
immediately
before or
after a
Meal*

*Cigarette,
Pipe, and
Cigar*

That women smoke is well known. That a great many women smoke is known to physicians, as also that it does good to a few and harm to many. That when women smoke they frequently inhale, which of course they should not, is a matter of common knowledge.

To sum up, smoking, with its influence on digestion, is what I am only now concerned with. If you suffer severely from dyspepsia you must give up smoking altogether, or until such time as you have been free from dyspepsia for some little time, and then, as also with those who suffer only slightly from dyspepsia, limit your smoking to one or two pipes only of a mild tobacco in your own home in the evening. You must not inhale.

Do not smoke cigarettes or cigars ; and do not take any meal where smoking is also permitted. It is as bad, in some cases worse, to be in a room reeking with the fumes of the cigar and tobacco as to smoke yourself.

CHAPTER VII.

Constipation—Its results—Treatment of constipation—The natural aperient mineral waters—Usefulness of regularity—Diet and regimen in constipation—Exercise.

WE have now traced through the mouth, the stomach, and the intestines, the manner in which food is digested, and have learned how nature digests food in the mouth, stomach, and intestine. It has been pointed out how we can best aid nature, also what to avoid in order to give nature a chance to carry out her duty of digesting food, which she is called on to perform not only daily, but several times a day. And it cannot be too well remembered that indigestion is not a contagious disease; we do not catch indigestion. That it is a disease eminently capable of prevention, and can be prevented by bearing in mind the advice and regulations given in the preceding and following pages; and when, through some indiscretion or misfortune, dyspepsia does assert itself, by following the same advice so aid the healing power of nature, the *vis medicatrix naturæ*, a stronger power than all the prescriptions of the ordinary and extraordinary

*Consti-
pation*

physicians of a royal court, to place the wheels of the machinery of the body once more on the rails.

Nature having provided for the digestion and absorption of food (the fuel of the body), and having abstracted all the good she can get from such food during its long journey through the stomach and intestines, provides also for getting rid of the residue by a daily evacuation of the bowel. And this is one of the most vulnerable points in nature's machinery. In these days of wonderful cooking and many artificial dishes, the almost continual absence of pure air from living and sleeping rooms alike, the all-too prolonged sitting in the study and boudoir, at the desk, or in the workroom, or whatever one's occupation happens to be, nature is hit—severely wounded; the machinery fails, the evacuation does not take place—the bowels are constipated.

Constipation may mean relief every other day, or only two or three times a week—indeed once a week is not an uncommon condition *Its Result* with some women. What is the result?

The excreta remaining in the bowels for a longer time than the provision of nature has allowed (and relief of the bowels should be obtained every day, or at least every other day), undergo decomposition, with a result that certain poisonous substances are formed. These poisons are called ptomains. The bowels not acting, these poisons

or ptomains are absorbed into the system, and cause poorness of blood, anæmia, lassitude, weakness, headache, a general feeling of illness, and very often are a direct and chief cause of loss of appetite and indigestion, to say nothing of loss of temper and even loss of sleep.

That such a simple cause as constipation—a negligible quantity in the personal economy of many men as well as women—can have such far-reaching effects does not occur to many; however, such is the fact. Moreover, not only will these poisonous substances, absorbed from excreta decomposing from too long a residence in the bowels, cause all this mischief, but the hard, solid fæces themselves are very prejudicial to health. This hard accumulation presses on the veins of the bowels, and prevents the due return of the blood upwards to the heart; the veins dilate and distend under this unwonted pressure, and ultimately these distended portions of veins form little tumours, which are popularly known as piles or hæmorrhoids. Therefore it becomes the duty of each man and woman who wishes to live long, healthily, and happily, to assist nature to overcome the enemy (constipation, as a matter of fact, is of course one of the results of civilisation) when attacking this very vulnerable portion of the body.

The benefit that is derived from a visit to one or the other continental spas is in very many instances due to the aperient action on the bowels, which

is a result of "drinking the waters." We saw in a previous chapter the advantage of drinking a tumbler of alkaline water (that is, water with some bicarbonate of soda, or carbonate of magnesia, etc., dissolved in it) the first thing in the morning, how it cleansed the stomach walls, braced up the stomach, and relieved dyspepsia. This same glass of water taken directly one gets out of bed has also a good effect in combating constipation. The water prevents the excreta becoming too solid, and stimulates the bowels to contract and evacuate its contents. In simple constipation a glass of cold water (warm water has a stronger aperient effect) taken each morning on rising, is often found sufficient. If a stronger aperient is required, two or three teaspoonfuls of Epsom Salts (*magnesium sulphate*), or Glauber's Salt (*sodium sulphate*), dissolved in the glass of water, will have the desired effect. A little syrup of ginger or peppermint added makes the draught more palatable, and less likely to gripe.

A dose of one of the natural aperient waters is found to suit many better than anything else, and the waters one and all are undoubtedly good. A sherry or claret glass as may be found necessary, either by itself or preferably mixed with an equal quantity of cold or hot water (hot water increases the aperient effect), may be taken each morning. The waters of Carlsbad and Marien-

bad owe their aperient results to the sulphate of soda they contain, and are found to agree better and to be less disagreeable than some of the more bitter waters, containing sulphate of magnesia in large quantity. Condal, Püllna, Hunyadi Janos, and Rubinat Waters contain both the sulphates of sodium and magnesium, but a larger proportion of the soda salt ; while the bitter waters—Æsculap, Friedrichshall, Apenta, Franz Josef—contain rather more magnesium sulphate.

*The
Natural
Aperient
Mineral
Waters*

If Epsom Salts and Glauber Salts were more expensive drugs, instead of being such very cheap ones, there is no doubt they would be more popular and more extensively used, and with the greatest benefit. So that nothing more difficult than a glass of water, with (or without, as may be found necessary) two or three teaspoonfuls of sulphate of magnesia or sulphate of soda dissolved in the water, taken immediately on rising, is in many cases all that is required to correct constipation, and cure all its evil consequences. Tabloids of Cascara Sagrada, lozenges of sulphur, Tamar-Indien and Aloin pills are all drugs useful for the same purpose. Sufficient exercise in the open air, a cold bath of a morning, taking sufficient fluids to keep the contents of the bowels moist (this last in the case of those who perspire a great deal, must be borne constantly in mind), all assist to maintain regularity of bowels.

Habit is a great corrector of and guide against constipation. A quarter of an hour of the day should be rigidly set aside for this purpose, and nothing should be allowed to interfere with this quarter of an hour, set apart for the purpose of getting rid of the poison in your body; even if the bowels do not act regularly, they should always be given the opportunity at the stated time of so doing, and they will eventually be brought into a good habit, and respond regularly. All straining must be avoided; it should, if the above advice is carried out, be unnecessary. By excessive exertion at stool a strain is thrown on all other organs and blood-vessels of the body, and in case of people advanced in years it is no uncommon thing for a blood-vessel in the brain to give way under excessive straining, and death from apoplexy be the result. Therefore, while it is very desirable for people of all ages to avoid straining at stool, and thus avoid risk of a "rupture" and other troubles, particularly is it necessary in the case of old people whose blood-vessels have been in use many years, and may be expected to be somewhat brittle, to avoid straining to remove the risk of apoplexy.

Now a few words to those who suffer from constipation as regards the diet to be followed. From what has just been read, it follows the diet must not be one with too little fluid, and although it was pointed out when dealing with indigestion

in the stomach that nothing could be worse than an indiscriminate and wholesale mixing of food eaten and food drunk (and water must be regarded as a food quite as much as beer, wine, or spirits), still, ways and means were shown how sufficient liquid food could be taken, by taking liquids some half-an-hour before meals and thus anticipating the requirements of thirst, and avoiding the necessity for taking any large quantity of fluid with solid food at meal-time for those who suffer from indigestion. A morning pipe of tobacco has been found by many to bring about the daily morning visit to the "House of Commons" with unfailing regularity, and although by no means a good method, if there is no indication to the contrary, there is no reason why the practice should not be continued. The moderate use of tobacco is as harmless as the moderate use of tea or spirits; the slavish abuse of any one of them is bound to lead to discomfort and ill-health—doctors' bills! A cup of tea in the morning before rising we have shown, in a previous chapter on indigestion in the stomach, to be often beneficial; it is also often of benefit as a corrective against slight constipation. On the other hand, it often causes flatulence and nervousness, and then, as in the case of a pipe of tobacco, the morning cup of tea is contra-indicated. It is well known that all kinds of fruit, fresh or stewed—apples, pears,

*Diet and
Regimen in
Constipation*

oranges, grapes, prunes, figs—are all of use to guard against or overcome constipation, and should be taken the first thing in the morning at breakfast. Brown or whole-meal bread, on account of the irritation set up by the portion that is indigestible, and for the same reason marmalade and fruit preserves or jams from the irritation of the indigestible rind, seeds, or skin, are of use in constipation; but of course by being useful in constipation by irritating the bowel to expel them, they are harmful in all cases of people suffering from indigestion. Green vegetables, onions, salads, spinach, are all useful articles of diet in guarding against constipation. Treacle on bread or with oatmeal-porridge at breakfast is excellent for children, as is also gingerbread.

A sedentary life is a constant cause of constipation. Sufficient daily exercise is necessary not only to guard against and overcome constipation, but also to keep the whole body in good health. It is just as important to take exercise as it is to eat, and do not wait until you are alarmed by putting on flesh in undesirable quantity and rapidity before taking exercise—prevention is better than cure. Moreover, if you are already fat before taking exercise, your muscles and organs will not be in a condition to stand and carry out severe exercise—they are fatty, and if you are not very careful, will give way, break down, under an extra and unaccustomed strain

thrown on them. Men and women, do not allow yourselves to become out of condition—flabby, soft; take your season ticket to the station to within a mile of the office, and not next door. Never take a cab or a 'bus for the sake of a mile: get out of your carriage a mile from home and walk. If you have not seen Sandow, go and see him; it is a liberal education in the matter of muscular development. It is an optical demonstration; there is not a single superficial muscle in his body that does not stand prominently from the surface to such a degree, that it appears possible to go up to the man and pick off with your finger and thumb from Sandow's body any muscle you please, as you would the fruit from a wall-tree.

Now, how has this perfection of muscular development been brought about? Simply by suitable and regular exercises. Is such a perfection of muscular development desirable for all people? Certainly not; we must not live to eat, but we must eat to live. We must not live to develop our muscles, but we must develop our muscles to live; and remember the heart is a muscle, so to a great extent is the stomach and the intestines. Sandow is, however, a glorious example of the constant use of muscle. On a continuous performing of its function, a muscle increases in size and strength, and in the capability of performing the purpose for which it was created.

Now, look at the other side of the picture. What happens when the ordinary functions of muscles are in abeyance—when there is no exercise? The muscles waste, get thin—atrophy, and are not able to suitably perform the purpose for which they were created. Just look at the hind legs of a dog which has permanently injured one of his two hind legs in some way or another, and as a result has to get about on three legs, and for the most part carry his fourth. The muscles of this fourth leg are not being used at all, or only used to a very small extent: their function is in abeyance, and as a result the muscles waste. Now compare the injured hind quarter of the dog with the sound side. You will find the injured side almost flat from wasting of the muscles through not being used, while you will notice the sound side to be as usual, or generally more developed.

It is not desirable or necessary that we should all have the muscular development of Sandow; neither is it desirable to have the configuration of a lame dog. In order to maintain health, in order to maintain digestion, the efficient action of the heart, regular action of the bowels, we must maintain our muscles in good working order by suitable exercise.

In case any man or woman past middle-age should read these pages, and should, from a desire to reduce weight, to maintain health, digestion, and regularity of all functions of the body, feel

a desire to plunge right away into any violent exertion, I warn them both not to do so: their system will not stand any violent strain after a long neglect. How often one hears of serious trouble from some or another organ of the body, arising after the summer holiday, in the case of the man or woman who takes no exercise, and perhaps little fresh air, who, going out of town for a holiday (it is sometimes called a rest), takes long railway journeys, climbs mountains in Switzerland, or tramps the moors in Scotland with an amazing persevering indiscretion. No, any one who is past middle-age must not take sudden violent exercise at any time, and severe exercise only after consultation with his physician; but one penny a day is £1 10s. 5d. a year, and a mile and a half each way regularly walked every day in the open air, will do a great deal towards maintaining health. Exercising the muscles of the body at home by one of Sandow's exercisers, is also to be strongly recommended to all; but, remember, regularity! regularity! and do not try too much to commence with. *Festina lente.*

INDEX.



ACID in wines, 111
Air, importance of fresh, 13
Alcohol, 107
Aperient waters, natural, 121
Australian wines, 110

BACON, 48
Bath, 60
Bedroom, importance of a
 large, 13
Beer, 112
Beverages, 104
Bile, 40, 41
Brandy, 108
Bread, white, 46; brown, 47
Breakfast, what to take at,
 61; in bed, 24; hour for,
 21, 59

CAKES, 84
Cheese, 96
Children, feeding, 31
Cigars and cigarettes, 115
Coffee, 97
Constipation, 117
Cooking, effect of, 6

DESSERT, 98
Diarrhoea, 44

Digestion in the mouth, 6;
 in the stomach, 9; in the
 intestines, 40
Dinner, hour for, 29, 88;
 what to take at, 89; what
 to drink at, 99; at mid-
 day, 101

EGGS, 47
Eleven A.M., meal at, 71
Exercise, 124; danger of,
 after a meal, 18

FISH, 47, 91
Food, amount of solid and
 liquid, 30
Fruits, 52

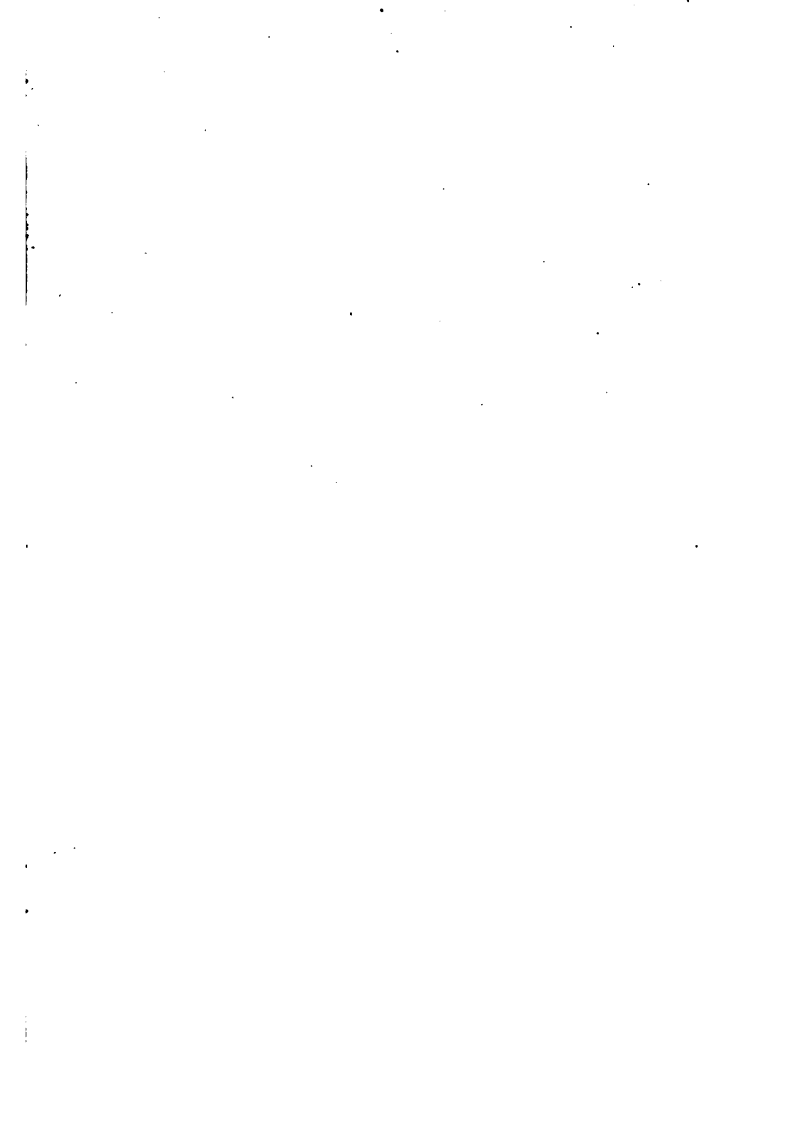
GAME, 49, 92
Gin, 108

Hour for taking meals, 58

ICES and iced drinks, 8, 97
Indigestion under own con-
 trol, 3
Interval between meals, 57
Intestine, digestion in the, 40

- LIQUEURS, 97
Luncheon, 26, 72; what to
 drink, 85; in town, 75;
 in the restaurant, 79
- MASTICATION, 7
Meals, frequency of, 20
Meat, 48, 93
Milk, 46, 105
- NIGHTCAP, the, 34
- PIPE tobacco, 114
Poultry, 49, 92
- RABBITS, 50
Rest and digestion, 17
Rum, 108
- SALT, 52
Sauces, 52
Scones, 84
Sleeplessness, 29
- Smoking, 113
Soups, 89
Stimulants for dyspeptics, 111
Stomach, digestion in, 9;
 indigestion in, 12; the
 gastric juice, 34; the toilet
 of, 36
Sugar in wines, 110
Sweets, 95
- TANNIN in wines, 110
Tea, afternoon, 27, 86
Thirst at meals evaded, 33
Toast, 47
- VEGETABLES, 50, 94
Ventilation, best method of,
 14
Vinegar, 52
- WATERS, alkaline table, 112
Whisky, 108
Wines, 109

THE END.





COUNTWAY LIBRARY



HC 2DGX 7

16.D.365.

Indigestion, its prevention & c1903

Countway Library

SDA0007



3 2044 045 337 417



16.D.355.

Indigestion, its prevention & c1903

Countway Library

BDA8097



3 2044 045 337 417